

Metadata: <https://www.youtube.com/watch?v=do9u5887lbg>

I just got done watching the WNO event and I wanted to make a quick video sharing my thoughts on it. This is going to be a much more casual video for me than you're used to with a lot less editing. I wanted to give a quick turnaround on this video and just kind of share with you some things I noticed during the event and what I've been working on recently in my own game. And just a heads up, a lot of the insights from this event are going to involve Open Guard because that's been a huge focus of mine recently and I'm actually working on my next Instructional which is going to be on Open Guard and I'm hoping to have that ready in the next couple months or so for you all so stay tuned for that. But naturally a lot of the insights from this event are going to be on Open Guard because that's what I'm paying attention to. And I wanted to start with Danaher talking about Maragalli and what Danaher felt Maragalli needed to improve when he started to train at New Wave. He had a fantastic guard utilizing outside position of the feet, very strong delta heaver etc. etc. but was underusing inside position from guard. One thing I've been thinking a lot about is how Ashigurami, De La Hiva, and Reverse De La Hiva fit together and what the hierarchy is in those positions. And whenever you start talking about hierarchies I think you're going to get a lot of different opinions on the matter. But as someone with glass feet I don't really like the idea of people ripping on my feet as I'm trying to play Reverse De La Hiva. So I lean towards the idea of prioritizing getting both feet inside and trying to control both of our opponent's legs. So when they go for a backstep it's the hook on their second leg that allows us to follow that backstep and then threaten our attacks. As Lachlan Giles shows here. Now throughout this match Davis played a lot of closed guard which is a form of outside position. And to get out of Davis' closed guard Nick stood up a couple times in this match and we got to see how Davis responded. And the first time Davis responded by taking a grip on the ankle and throwing in a De La Hiva hook. While also immediately tucking his second foot to the inside position. But then he switches his grip on the ankle and goes Reverse De La Hiva. And it's kind of hard to see but to counter that Nick starts ripping on his foot. Trying to counter attack with a little leg lock action of himself. Looked like maybe a cheeky look at an Estima lock there. Now the second time Nick stands up Davis again grabs the ankle goes with that De La Hiva hook and brings that second foot to the inside position. But this time he's immediately looking to pummel that De La Hiva hook back to the inside position. Which is something we saw Maragalli doing in ADCC. Taking that De La Hiva hook and bringing it to the inside. I think this is a great way to prioritize defense and keep yourself safe before going into your offense. Which is another area where Danaher believed Maragalli needed some work. When I first looked at him one of the first observations I made is he had an offensive bias in his game. And I talked to him early in his time training with us and said this is something that needs to be rectified. Another example from closed guard of prioritizing defense over offense is how we decide to place our legs. We're always taught that from closed guard you should be trying to climb your legs up to your opponent's shoulders to control posture. And from there you can go into strong finishes. However if you're trying to control their posture with your hands as you climb your legs up but it doesn't work and the offense fails now your opponent backed out and you have no connection to them. But if you're prioritizing defense maybe you leave your legs low so when you unlock your guard you're able to entangle your opponent. Maybe you can't go into offense right away but at least you have connection with your opponent and now you can start to work to off balance and pummel your feet to the inside position. Which again is prioritizing defense over offense. You're not attacking from these positions where you have one foot in and one foot out. You're looking for ways to upgrade to a safer position where you can initiate offense. I think that's a pretty big insight that Danaher gave us in his post-match interview and those are some examples of how I saw it playing out during the event. Another open guard tactic that I saw being used during this event that Craig actually used against Maragalli at ADCC is trying to get our near foot to their near hip as they're

passing. So he said he was initially trying to go K guard on this leg but he ends up going false reap on the back leg. Which is super slick right? But it starts with getting our near foot to their near hip. And I think a big part of that is controlling our opponent's near arm as they're trying to pass. Unless they're trying to do this type of pass that Taza was doing in the ADCC open where they kind of take a cross grip on our ankle and try and work around our guard. But a lot of times people aren't going to take a cross grip and they're just going to take a straight grip which means their near arm is going to be controlling our near leg. So naturally if we can control their near arm it'll give us the freedom to bring our near leg to their hip. Here we see Lovato again controlling that near arm which gives him the ability to pummel his foot to that hip. And the next level up from control is attack. So instead of just settling to control that near arm we can start to attack it with things like troy bars. And if our opponent rips out of our arm attack and our other leg is on the inside we can spin into inside Senkaku. And this right here is from 50-50 but I thought it was a cool sequence. Where off of the roll Austin here in the orange triangles his legs. And Troy is able to bring the secondary leg across to the other side of his body which leaves the primary heel completely exposed for a strong finish. This reminded me of Kieran's attempt against Ethan at EBI where they're in 50-50 Kieran tries to roll through and catch Ethan's secondary leg on the roll. And sticking with leg locks but again switching to a different position here we see Tackett entering into outside Ashi and then trying to switch to 50-50. But Francisco is able to prevent the switch to 50-50 which forces William Tackett into outside Ashi with a scoop grip. If you have outside Ashi with a scoop grip it's a recipe for disaster and Tackett was fighting off this arm triangle for a while. And later on in the match they found themselves in 50-50 and Francisco aggressively steps over William's body into outside Ashi and William chases that leg. And takes a scoop grip which again puts him in outside Ashi with a scoop grip and he finds himself fighting out of another arm triangle. This is kind of what gave outside Ashi a bad reputation to begin with so please avoid doing this. But again we see Pedro entering into outside Ashi and initially taking this kind of cool self frame to prevent himself from being smashed. But then he switches to a scoop grip and that's when things went south fast. But Pedro does have some pretty decent guard passing. And against Craig Jones we saw Craig trying to keep his bottom leg sticky and Pedro was able to successfully backstep out of that and complete the pass. And Maragalli was also trying to keep that bottom leg sticky but this time instead of completely backstepping out Pedro went with more of a knee cut to de-stickify that hook and force Maragalli to expose his back. Another cool guard passing insight is Tubby's coach walking her through how to use an overback grip. In case you couldn't hear that he said to thread the left hand through and then threaten a darsh or take a crossface. And when she does it again he gives us the third option which is to drive her knee across towards mount. Now one example of not so good guard passing is Jacob Couch vs Isaac Michel where Jacob has a nearside underhook on this far side that you can't really see and Isaac has the underhook on this nearside. So Jacob would like to drive his knee towards the camera and smash Isaac's underhook so he can't use it. But Isaac has his hand on Jacob's knee making sure that this is not possible. And he forces Jacob's knee to go to the other side. But Jacob doesn't really fight the sweep too much and because he wasn't fighting too hard I believe that's why he was able to still get his knee to that top hip. And getting that knee to that top hip allowed him to free his foot and go into these counter attacks which didn't end up working but I thought it was a really cool sequence right? It was basically Jacob saying okay I'm running out of time I'm not in the best guard passing position here so you can have the sweep and come up on top but I'm going to make sure my knee stays in good position so at least I'm able to shoot my shot and go for an attack. And if you're interested in more guard passing insights I have a whole instructional on passing half guard. But the last thing I want to talk about in this video is wrestling and I thought we saw a beautiful display of that in the Tackett vs Francisco match. Tackett was doing a really good job of getting underhooks and a common strategy he used was initially tying up the hands

before snapping them down and taking a collar tie. And off that collar tie punching in an underhook. Here we see him again snapping the hands down and immediately punching in that underhook. And if he can't get the underhook it's because his opponent is keeping their elbow tight so he says no problem I'm just going to go with a Russian arm. And as you defend that I'm going to take the underhook on the other side. Now wrestling for Jiu Jitsu is something that has been a huge talking point the last couple years and is something that a lot of athletes are trying to develop. We see Jeremy Skinner who's known for pulling guard working on his wrestling. We see William Tackett taking a collar tie punching in an underhook and working his way to the back to connect his hands. And keeping that connection even after the referee says stop which pisses Francisco off a bit and he tries to take a quick shot on William Tackett. But I think we all know William Tackett is not a jerk right? He got robbed in this decision in my opinion and he had the nicest post afterwards. What I think is the reason William didn't respect the boundary of the mat is because of ADCC. And Giancarlo keeping his hands locked is what won him the match. And I think it's safe to say a lot of these athletes are using these events as preparation for ADCC. For me it's you know everything's about ADCC so you know before that it's with practice. So I think the real question to ask here is whether or not wrestling is important for ADCC. And I think a lot of you that have seen my analysis of the 66kg division of ADCC were shocked to see that if you initiated a takedown you won 52% of the time. So there was a slight advantage to the wrestler but it was pretty much even. But that was for 66kg and you gotta think as we move up in weight the wrestling is gonna get more and more important. Well I just got done analyzing 225 matches from the 77kg division and I'm gonna share the results with you next week. And a lot of those results have to do with wrestling because that's the data that shocked me quite a bit. Which kind of leads me to believe that all of this ADCC wrestling talk is kind of just hype and it's not as important as people say it is. So be sure to subscribe so you don't miss next week's video and let me know what you thought about this more casual overview of the event down below in the comment section. And I'll see you next week.