

Metadata: <https://www.youtube.com/watch?v=ye8CGlwhwuc>

Next, let's go over the basic under the leg guard pass, level one, where we just have the essence. Chris, please, would you put me in the car? So, for this, let's say you start out with positioning number one, they get frustrated, uncross and try and move away. As they do, you're gonna go to positioning number two, put the leg on top of your shoulder, and then the pass happens by driving your body weight forward, and then right at the end, you pass the guard at the hips by pushing your left knee inward. One more time, please. Positioning one, a little frustration, positioning number two, put the leg on top of the shoulder, drive forward, and then I squeeze my left knee inward and lift my head up and pass.