

Metadata: <https://www.youtube.com/watch?v=usbVqBTM53A>

All right, so our partner accepted us going to half guard, we just fell here, and now the knee shield is on this position. Depending on how he's placing his knee, especially the further out his hip is and the lower his knee is, sometimes it's harder for me to actually do that big step and make his knee go up. So there are other ways to beat this. One way that we already showed, which is very efficient, is just by reaching back and grabbing his foot, okay? Here, he cannot stop this from happening. It's really, really hard. One, two. The biggest thing that I want on this move is, I'm not so concerned with moving his foot, I just want to keep it where it is. I'm moving my leg around this, okay? So we can put a little bit of weight, I open up my hip. One, as soon as I feel my knee coming out, I'm gonna go over his foot. The main thing on this position is, my right hip has to go down heavy into his leg. If I just come down square, he's gonna open up, which is, you can still go forward and you fall into a half guard position here, which we already seen before, and we don't need to go over again, but if you can put his legs together, it's very strong. So control, one, make sure you move your hip out, one, now as soon as this is coming down, it comes down with all my weight on top of my hip, so I can turn a little bit. One, and two, okay? On this point, what happens is, it's hard to get high right away, okay? So it will be very, very hard to prevent him actually using his hands to try to frame and stop me. So, one of the two most common ways someone can frame is either by pushing with both hands, trying to push as I, so here, he can either have the arm bent like this, pushing, okay? Or he can do just a full push with both hands. This one's the easiest one to get rid of. Every time he pushes, never push back into him, because the more I push, the lighter my hip is gonna get. So really focus on pushing your hip in, okay? Your head comes up a little bit, now the shoulder pushes his arm, and then you come back in for the pressure. The one that's a little bit harder is when he has this, because I can't just drive my shoulder to stop him, okay? So what do I have to do from here? I wanna make sure I trap his arm. I don't want him to move his arm anymore. So what's the best way for me to do this? It's by actually putting a little bit of weight forward. If I lean into him, he has to keep this in, okay? If he takes it out, I'm just gonna get to the position that I want. So he knows he has to keep that there. From here, I'm gonna put enough weight, but not always too much to make my hip go light, okay? So I'm here, my toes are on the mat, I'm pushing myself forward. Now I'm gonna just rotate my hip, okay? So he's pushing me there nice and strong. I'm just gonna, my shoulder, I want to go over his arm. So trap his arm, you can put a little bit of weight. Now my shoulder circles and over there. If I throw my, my whole hand goes one, two, he collects his arm. It's very hard for him to hold this. Now you have a free pass, just go over everything and you have the good position there. So anytime he's framing, okay, do not fight against the frame. This is just too strong. You're gonna have a very hard time. Push a little bit, my shoulder goes back, over. I want my shoulder to go over his elbow. As soon as he does, I just bring this straight down. Now I have my position. From here, it's what we did before. He cuffed the foot, start stepping to the side, walk this way, and you have side control from there. On this move, when you fall, since he has both arms tucked in this way, it's much harder to actually go for the mount. So do not insist too much on mounting there. Just always work back this way and end up going to side control.