

Metadata: <https://www.youtube.com/watch?v=MVR2PubZGn8>

So guys, in this position over here right now, we're just gonna see like, how to prevent the Peterson Row. Because there's such an easy way to prevent the Peterson Row, the complete Peterson Row, that I would love to share with you guys. You guys will see that that's not even like really a technique, it is a technique, but it's so short, and it's so easy, that it's almost, it's more like a concept than actually a technique. And I think it's gonna be very, very helpful to you guys, and let's work on that. So guys, I'm fighting his flaccid, right? And I'm on his back over here, right? So I'm there, gonna open up his lapel, and I got his lapel over here, right? Guys, anytime I feel that he's thinking about the Peterson Row, so when I feel that he's starting to trap my arm over there, right? And when I feel that he's thinking about rowing, remember, one thing that I love about this back take, the single strap back take, is because I do not need the seatbelt. When I have the seatbelt, I feel myself so tied over here, that's kind of hard to react to this stuff. But if this back take that you're practicing in this instructional, the single strap back take, I'm just gonna control his lapel, and now I'm kind of free. Look how my chest is not connected to his back. So anytime I feel that he's thinking about going there, I'm just gonna place my right hand on the ground, and I'm gonna switch to behind him. When I switch to behind him, I place my left foot on the ground, okay? So pay attention to that, I have my left foot on the ground. Now when Plasma tries to row with me, he can't, look, he can't complete the Peterson Row, just because I have this left foot here. So I created a much wider base doing that, and it's gonna be really hard for him to row and to complete the Peterson, okay? So pay attention again, I'm here fighting his Plasma, I have, and guys, I love this concept here because it explains like why I like it so much, and why I like it better than the seatbelt itself. So I have his lapel, in the same time that I'm tied with him, I have this hand free, I have my chest free, and when I feel that he's thinking about that, I'm just gonna go to the other side, placing my left foot on the ground. And then when he tries to do this, he can't do it. And guys, even if he forces himself here and goes like really strong and this and that, I can just do what we did before, look, I place my head on the ground, and I lift that hook over there, and I go almost again to the Ezekiel from the back, okay? So can you guys see how everything is connected? So everything I do on this instructional, and my game in general, like the overhand pass, the half grip, one of the most important things I focus in Jiu-Jitsu is how to link one position to the next, to the next, to the next. I truly believe that if you are able to link your techniques, even if you compete against a way more athletic person than you are, or a much better Jiu-Jitsu practitioner than you are, if we're able to connect your techniques, you can keep your opponent on your game. And keeping your opponent on your game, you're gonna increase the chance of winning by a mile. You know, like so, one more time. Fighting against Kloster, I have his opposite lapel, I felt he was thinking about a Peterson row, I just go to the other side and place my left foot. You guys just saw in the last technique that if he forces himself here, he's gonna end up on that position that we worked on before, and I'm gonna go either to a Zikiao choke or to the Kata Gatame. So guys, just doing that, so from here to here, I completely stopped the Peterson row. So that was the goal, and that's what I want you guys to get from this lesson, just how to completely avoid or prevent that. you