

Metadata: <https://www.youtube.com/watch?v=Q-YgZHvZOAg>

Let's take a look at defending the sit-up guard while we're standing. Once our partner actually sits up and he gets to the shin to shin position, the reason why this is the one that we're really dreading is because once he goes shin to shin and he's able to hook, he's basically able to roll back, make this leg light, and now he can enter into all of his positions and start attacking our legs. So we have to figure out a way to defend the position, okay? While maintaining an available offense. And once we get started and he actually comes in, like let's say I go to make a step, and I step but I miss that shallow hook and he grabs my knee, scoots back, and then he's able to be here. I have to make my leg light, okay? So what I'm gonna do, most people would wanna make it heavy, but I feel like the heavier I make it, the more he drifts back, the lighter it's gonna get. So what I wanna do is I actually wanna step back and I wanna press through my leg to try to shift my weight to my back leg. The more I feel like I'm pushing back, let's turn to an angle a little bit, when I'm in this position, the more I feel like I'm pushing back and I'm posted on him and sliding back, the harder it's gonna be for him to get his head to go back, try to pull back. And the harder it's gonna be from the pull, yeah, keep going, keep going, for him to pull my leg and actually shift into the position, okay? So while we're here and he actually puts that shin to shin guard in and does that, I actually wanna lean back and I wanna start back stepping, okay? Because his goal right now is to get my leg to come around. Look at the path of his leg. It goes up and around and through, okay? And again, we're dealing with basics here, okay? So just common areas and common themes that the guy on bottom does. There are a ton of other variations that they could attack with that we have to be aware of and play defense to. We're only gonna deal with this one. Because this is usually the first one people learn and once we can shut it down and they start going to option B and C and D, they get weaker and weaker and weaker, okay? So what I really have to do is I have to prevent his foot from passing, let's go nice and slow, from kicking out straight and then circling around and pulling my foot through, okay? And in order to do that, if we look at this very, basically where he, no, don't look at it, just kind of go through the pattern. Yep, and then extend that. See how it goes out? Let's go back, we're gonna come back. If I just take a back step here and I put my body in the way when he goes out, you can see that it's very difficult for him to lift. Whereas if I step over and now he goes to lift, he can lift my legs fairly easily. So just by taking a little back step and creating a little bit of an angle here when he goes to lift my leg, it's almost impossible for him to do. So I just try to get in good positioning with my body where when I step inside, he goes shin guard, I'm gonna post here on his shoulder and then I'm gonna push my way back so that when he tries to go back and cut the angle, he's gonna keep cutting that angle. I'm basically gonna keep walking in that counter circle to maintain this position until I feel comfortable to either attack his head, pass my foot to the other side or go knees down to avoid him entering into the foot lock. So that's basically gonna be the position that we're gonna be working with when we start getting into more attacks in later videos.