

Metadata: <https://www.youtube.com/watch?v=9C4zajCJlwY>

One of the basic things most Jiu Jitsu guys know from this kind of step over position is just to go mount. This might not be a review to you, but the one thing I'll say about it is when I show it is discipline with your leg because what you're going to do basically is do a turk of the top leg instead of the bottom leg and basically when I step over for that single leg bunch I'm going to bring my heel to my butt and then turk it over to the side because what I'm looking to do is get his bottom leg off the ground enough that my other leg can seat underneath it for the mount position. The thing with these cradles is it's not the easiest thing to film because everything is so bunched you can't really see a lot of the things so we'll do our best to kind of show things. So I lock my near side and now I hook my bunch, but you see I get really good positive control with my leg where my arm can basically let go. Now from here I need to post and I lift, lift, lift and then I can feel his bottom leg get off the ground and I still seat both hooks in to the butterflies. Now my hands are very high up front because I need to have good posts but once I get mount I actually use my grapes instead of stretching him I curl him and I start to work myself lower under the chin. So here's an old trick I learned from my coach Gokor. When you're mount you want to have some type of control of the head whether it's you're lifting it, you're pinning it or you're simply taking it out of alignment and you're doing that to what? Screw up the athletics, the bridge and stuff like that. I'm not really one to go mount and stay posted out unless I feel unstable. My attitude has always been if I'm low with my hips frame the head or taking it out of alignment. If I'm high, I mean I go to more of a high mount then pull the head. That's just my attitude with it, doesn't mean it's right or wrong but I have my reasons for doing it. If his head's on his mat, on the mat and I'm high his legs can come up and peel me off right? You got to be careful of that when the head's pulled it's less likely it's going to happen. When I'm here it's hard for me to get a good pull of the neck so under the chin and riding is a good option or just taking the head out of alignment. So those are good things to do once you get to that mount position. Now when I do this as I'm turking him back to the mat I just see I get that space that's when my leg seals in. To me this is important because guys are very quick to hip escape when you mount them and you end up in half guard. When you get under that bottom leg here and get control with your leg, now you can kind of shut that down. You can shut that down, alright? So I have to show you my back side but you got to find gates somehow, hook this, I'm looking for this, lift, lift, there it is, seal it in and then I'll take the head out of alignment or right under the head and then start looking for your control, okay? It's real simple, most guys float and do it, I tend to crush a little more because with guys that float they're looking to transition quickly or they're looking to punch and strike. Me I'm a control based guy, I like to crush and kind of torture guys because they usually give you the mistakes, they'll make the mistakes on their own just to kind of deal with the control and when they do that they kind of give away the show. So that's just my attitude to hook. When you do this kind of stuff always be ready to post on your head because things go wrong, guys will surprise you so when you do that get ready to post on your head because you might have to, you might have to because you can see I don't really have any control of his upper body so his upper body is going to go right to my hips, he's going to start pushing, he's going to start tripping, he's going to be doing all this stuff so things can go wrong and if you start to feel a balance you still want to be able to, if your hands not there use your head to post. So when in doubt shrug and that way your neck won't get hurt, if you got a bad neck then you got to get a neck flex or something, fix your neck, okay? So that's really something basic that you'll see that guys like to do from that single leg bunch, go to mount. Be honest with you I probably rarely use it, I'm very good at getting to the, either utilizing the near side or floating and doing the double bunch to the far side. So doing mount, yeah you can do it I just don't seem to use it very much, it's just not something I normally do, okay? That's just me coming out, okay? Go to Beadaholique.com for all of your beading supply needs!