

Metadata: <https://www.youtube.com/watch?v=zPUUE9GiRMQ>

A hook sweep from butterfly position. We're gonna do this from the overhook grip, okay? So I'm gonna come over the top of my partner's arm here and I'm gonna go cross gi, okay? So I have the far side collar and I'm gonna feed the grip into the gi from the overhook position, okay? So we're gonna be here, we're gonna be in our butterfly position. All we're gonna do to set this up is I'm gonna go double collar and I'm gonna pull him on top of me. I'm gonna pull my butt to my heels, I'm gonna pull him up, that way I can now extend him away and I can sit back up. Now my hand can go back through into my overhook grip, okay? And notice my head is a lot taller than my partner's. Okay, so one more time. We're gonna start here, partner's gonna do a good job of keeping his heels to his butt, okay? So I'm gonna suck him in, elevate him, kick him back, keep him pulled down and get a good feed here, okay? Now, to sweep him up and over, I'm gonna take a grip on the end of his sleeve. Can you posture up really quick? The important thing here, once I have the grip is my foot tucks and it shoots through the hole so that I can create the angle to then sweep him up and over, okay? So, when I have the grip here, okay, I'm gonna pull and I'm gonna put my elbow on the floor and now, here, and now I'm gonna flick him over, okay? He's gonna trap my ankle, I have a good solid grip, my knee goes to the floor and I push myself up and now we're playing from top position. Let's change sides quickly. Because the most important thing here is this foot shooting through to create that angle and this hook pulling and then flicking. So we're changing that angle. So we're here, basically gonna set it up with a double collar grab, pull him up, kick him back, set the grip. I'm gonna grab the end of his sleeve, I'm gonna pull it, my foot shoots through, extension, roll him over the shoulder, turn that knee down, I'm gonna let go, push myself up and then I'll find the sleeve again once I'm up, okay? And we can talk about dealing with this at a later date. Okay, but the idea is we're going from bottom position to top position. Let's change it back over. So, we're gonna be here. This pull is really important, you can't just do this because you're just gonna get your guard passed, this is what he wants, okay? It's important that when you're in this position, you throw your butt to your heels and you pull him and you lift him up, nope, heels to butt. There, so that I have control. That way I can elevate him out and bring him back down. Then I can set a good grip. Now, if his hand is posted out there and you can't pull it, that's okay. Tuck the foot, go grab the elbow, pull it in, elevate, roll him over that shoulder anyways, post up, find the end of the sleeve and sit heavy, okay? That hand, it's more about controlling it so that he can't base out, right? I don't want to get in a scenario where I'm here and I'm just letting him base out here. I wanna make sure I have this in control so that I can dip his shoulder to the mat, then flick him the rest of the way over, okay? So this is a control piece that you have to have. It doesn't matter that you're on the end of the sleeve though. Okay, there's a few different ways you can grab it, right? I can be in this position and I can hug it and I can tuck it, right? I can just hold his wrist and I can tuck it, right? A little no-gi version, I can grab it and I can pull it. That's all fine, that's all acceptable, okay? Don't overstress that part. The part you need to stress about is making sure you have that cross grip here and I'm not on this side of the knee. I wanna go across his body and get a good strong grip and I use it to elevate and sweep him up and over and partners do a good job of trapping that ankle so that we can build our base. So one more time from the top. We're gonna be in here, we're gonna be fighting. He's gonna take a grip here. So as he does that, I'm not gonna hesitate. I'm just gonna pull, boom. He'll have to put those hands down on the floor. I'm gonna elevate him up and out and I'm gonna shift my hand through and we get a good tight grip. I'm gonna break the grip here. I'm gonna tuck my foot in, pull, sweep him over. Knees go down, post up, get the end of his sleeve again and now we're in a good position to pass his hat. So that'll be the hook sweep from butterfly.