

Metadata: <https://www.youtube.com/watch?v=O9HZsLnDb5E>

Let's continue with the open guard, because from my experience, it is the most important thing to bridge the gap between the sitting guard and the actual action. So, what I want to give you now is a very strong position, you already know basically, and that is a 2 on 1 control. A good 2 on 1 control is always something very, very good you can have from the open guard. So, I give you the 2 on 1 control with the idea of going for the X shield. And I'm honest with you here, when I play the 2 on 1 control, I do not care too much about the X shield, because with the 2 on 1, with this control, with having this control or having this control, basically my hips are free, because she just has one arm. So, if I'm here, there is not much, if she holds my leg with one arm, I can easily move away. So, that's why it's not so important to play that game from a 2 on 1, but you can. Usually, I play around with a lot of things when I have 2 on 1. Basically, my favorite thing I do from the 2 on 1 is going to side guard, you know. But, you can go from here, I have this 2 on 1 position, I switch over, because she cannot control my legs. So, I'm here, I push it down, from here I sit up. I sit up and I control with a short arm grip. This is a pretty strong grip, you know, I can stay here, or I sit down, change around, come over here. I can finish with the arm lock, I don't want to do the arm lock, I let go, control this. If she pulls, she doesn't have to pull out, but she will pull out. If not, I can go for this arm lock anyway. And you might ask, why going for the first arm lock and then going for a second one? Very simple. The second one is stronger. The first one is okay, but with sweat and no gi, it's much harder to get. So, the first one is just a trap. I'm here, controlling her, sitting down, I grab here, I push this control, I come up to the tricep, I sit down. From here I come over, hard for me to finish, so usually I would immediately change to this direction. Immediately. Then I can decide what I do. If I feel the arm is there, I would go for the triangle. If I feel the arm is not here, I would go for the step and reverse Kimura. So, you can always switch later, you can play this game here, and then you can switch, and you can pull down, you can work here. Sit up, grab the tricep, go here for the face, here, hook, over, control here. That's my position I want to play. From here, whatever we did in part one, works here too. So, this is a really good position. That's what you can do. You can also go for the sidecut stuff, which I love, and which I will do a series in the future. But right now, this is about getting to the X-field, and I'll show you ways to get there. So, from here, like I said, from here it's turn. From here, I'm fighting for control. You see, I can't just go here, and then I can switch over to this position. I sit up, I grab tight the tricep, I lay to the side, I come over, and I switch immediately to the shoulder crunch here. From here, I can do whatever I think is the idea you can play from. That is the idea you can play from. And the good thing is, like I said, you can combine them easily. You see, you can combine them very easily. You can switch from the X-field to the classical position with the feet and the hip. So, there's no problem here combining those. So, that is the idea of getting the X-field and the triangle position, the reverse triangle position from the 2-on-1.