

Metadata: https://www.youtube.com/watch?v=WH_v4JDO-ww

Now, one of the big themes of our spiel here on breaking connections is the idea that as much as possible we want to turn this into a battle of my legs against my opponent's legs. What we're looking to avoid is always this dangerous situation where it's my arms against his legs. That's just a losing gambit. I don't care how big and strong you are, your arms aren't as strong as the other guy's legs, even when you outweigh them by a considerable margin. So as much as possible, we try and make this a question of diversion and leg versus leg. If my opponent's in front of me, we're always looking to divert our opponent rather than directly confront. I don't push into his spider guard, rather we take feet off and I move outside of our training partner's feet. I don't try to fight his legs with my arms when I can use my legs to fight my opponent's legs. That's always our goal. We're either diverting or we're fighting legs with legs. Now, there's going to come a time where you work against your opponent's open guard and you find your horror that he's a specialist in lasso or spider variations of guard. And you're finding you're rapidly getting taken completely out of balance and your whole ability to maintain balance and stance is getting rapidly broken. Once you get to a certain level of degeneration and stance and balance, you're going to get finished, you're going to get swept. And so it's time to pull out some emergency measures. Now please bear in mind, these are emergency measures. These are not the first thing you go to. You use these in critical situations where you've lost control of your balance and your stance and it ain't coming back. Under those circumstances, I generally recommend use ashigurami, which is two of your legs against one of your opponent's legs to break those dangerous connections and get back into a winning situation. So if I hit Mateus here in front of me, and let's say he's got a good lasso hook here. Not lasso, good, and he's got a good spider hook here. And I'm like, oh my lord, I'm getting completely taken out of balance and I feel I can't get any of the moves we've looked at to operate. This is not a bad time for us to just sit in on our training partner and from this situation go in with ashigurami, okay? I keep propped up on my elbow. I don't go down to my back. I stay propped on my elbow, okay? Now I use the ashigurami to break my training partner's grips, okay? Now from here, there's a danger of my opponent coming up on top of me, but I have something in my favor. I have the gi pants. I can go with a straight grip or I can go with a cross grip. They're both great options, okay? And as Mateus and I both get back up into standing position, you'll have the option of walking the man down and stopping him, okay? So when it's all gone dark and it's all looking bad for you, this is your emergency option. Sit to ashigurami and get your legs to fight his legs. That's always the big theme here. Don't take legs on with your arms. Use either diversion tactics and get the feet facing away from you. Remember, if the feet face away from me, you can't apply the strength of his legs. But if his feet are facing you, now it's time for us to use our legs to break these dangerous grips. He's really kicking my ass here with his guard work. I lower my level so that I'm less easy to manipulate. As my head goes down and my butt goes up, he can throw me all over the mat. So I lower my level, bring my leg in, and I put my foot up. My feet point outwards so there's no danger of reaping here, not breaking any rules. Now from here, I use the strength of my legs to break my training partner's grips. As we both go to get up together, you have the advantage of your opponent's gi pants. You can go cross gripping. You can go straight gripping. And as we go to get up together, you have the advantage. Let's go to get up, buddy. And as a result, we can go back in and start passing. This is a fantastic way to take situations that seem completely hopeless and pull out the emergency breaking of glass and breaching cases of emergency. So here we are. My opponent comes in and gets what he wants. He's really giving me a hard time under these circumstances. So I grab the gi pants early. You don't want to be fishing around for them later. Get them early. And from here, my knee takes the inside position. There's that theme again. Always dominate the inside position here. And when I sit, I take my foot and I put it on the chest. Then I come over to the side and I learn to break my training partner's grips. Now from here, as we both go to get up together, there's a good chance we'll be

able to use either a straight grip or a cross grip to dominate the action. Okay? As Mateusz comes up with me, then from here, you're going to be in a position where you can go on the attack and drive the man down to the mat and recover and go back into your passes. This is my favorite way to deal with situations where you feel you've completely lost control of your opponent's ability, or your own ability, to maintain stance and balance. In these situations, I generally recommend sit down to Washi Gurami. Now I'm showing you this as an emergency measure. Don't make this your first option. Okay? In general, when you're the guard passer, you have a strong responsibility at all times to maintain top position. You must, first and foremost, maintain top position. You are taking a risk here. Okay? The risk is that you could sit back and your opponent could get on top of you. You're minimizing the risk by controlling the ki pans. So the risk is acceptable. And Jiu Jitsu is largely a matter of managing risk. I would rather face the risk of an opponent coming up on top of me than the risk of getting sweat clean onto my back and my opponent really getting on top of me or worse still pulled into a triangle or an arm lock or something like this. In these circumstances, I'd rather go with sit to Washi Gurami, control the ki pans to control the scramble, and then come back up and start again and live to fight another day.