

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

okay guys now let's see when the guy doesn't open the guard because the guy had long legs and really hard to open so I started like the position before I control him make sure he's not gonna follow me I control his hip now I'm trying to put his hip away but his legs really long so it's hard to open so I like to stand up so to stand up I have different ways to stand up I can be one I like at the time or two at once I like two at once to get surprised so I throw my weight on my opponent here sorry about it so I control here throw my weight and jump now I standing up now if he follow me he's carrying his own weight so I'm using his weight to help me to open his own guard when I open the guard now I can do that the same pass or different pass let's start with the same pass control the knee down cross knee but notice when I cross my knee I reset my head see my head is too ahead if I my head go with my knee I'm gonna be out of balance so my hip and my knee go now my head in this right position to start to pass of course he's gonna try to fight here to go to my back and do whatever he wants first thing first don't let he have the control he's back on the ground so this hand gonna start to pull his arm to make sure his back come back to the ground and slide I always remember don't overflow so when I slide my hip go down it's not my head go up it's my hip go down okay control here same thing control control pose so my weight transfer to his chest then my legs become like open now I start to push push push open when I open I go to the knee and my head is here it start to pump everything at the same time this point here if get stuck don't worry about some people like to lock here doesn't matter because their weak point is his knee here start to hurt so he gonna free for you so pull the arm is slide slide slide hip down control this position this position you need be comfortable in the center so if I go side to side is the time that he gonna try to do a pendulum sweep or whatever he like to do and another thing too when I transfer my weight if I go too forward now he gonna try to do the sweep on the foot here to go back so when I jump I jump but stay in the same spot backwards to open now we start to cross the knee cross the arm pull the arm step and slide okay