

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

Alright guys, now in this video I'm gonna show a little bit of looking for the folding pass from the guard pull, right? So that means I always need to try to be before my opponent. Like I always like to say, my idea when I'm training, when I'm fighting, I always try to be one step ahead. That's something that's always been in my Jiu-Jitsu, in my mindset when I'm training. And of course, I always look for the reaction. So it doesn't matter where or any situation. So let's say here, of course I'm not gonna do this position with a judo player, because I know he's not gonna pull guard. But I fight a lot of guys that don't wanna like changing, standing against me, so I know they're gonna pull. But before they pull, they need like a safe grip. I know that. Nobody's gonna pull that, because he's not even allowed. So he needs to get like a good grip and then pull guard, right? So I know that. Doesn't really matter if he jumps or not. So what I like to do, I always let him in a situation that he's not really comfortable. So that means I lower my stance, right? Because here, he never knows when I'm gonna shoot or not. So, and I keep measuring the distance, right? Because here, a lot of times when he gets one grip, I know that he's going to pull. But the same time that he's looking for my hand, he's coming with the leg and pull, right? Doesn't really matter what leg he puts up first. But you just need to be aware with your hands. A lot of people try to, the interception, jumping over. My kind of interception is like controlling the leg. So I always, when I have this situation, I always try to look for this part of his leg, this side of the leg. So let's say here, I'm always faking that I'm going to shoot. So I always make him feel uncomfortable. Also, he gets the guard. So my hands, right away, do it slow. So look, right away, I always touch. You see how I touch his knee? Just to create some angle. And now I just follow with my hip. So look, if I can make a grip, it's even better. Because I'm going to push and finish on that position, right? So of course, it's one position about timing. But you need, because if you miss, it's not something wrong. Because he's not going to take you down. He's not going to get any points. But if you miss, he's going to be pulling guard. But if you get the position, even if you don't pass the guard, that's going to change the whole fight, right? Because my idea is, if the opponent pulls guard, safely, alright, then we have one fight. But if my opponent pulls guard, and even if he don't pass, look, now he's reacting. So he's going to give me options to get the folding pass. And here, I'm going to work the variations until I get the side control, right? Of course, that's when he starts standing. But a lot of times, when training in the gym, people start on their knees, right? So let's say we shake hands, and when my opponent lifts, so that's the leg they're going to be looking for. So right away, one hand, I look for the lapel, the other one, I just drive in and push. So when he pulls guard, so you see how easy I get there. Once I get here, I control the hip, switch to the four fingers behind the head, push the leg, hide, and then get the pass, right? Of course, I did it fast, but when you do it slow, any kind of situation, even if the guy pulls like really slow, look, when he's approaching, he needs to leg one leg up. So it's always going to be the same thing. You see how I touch? A lot of times, I make a grip and start like stretching his leg, and now I cover with my hip until I get the holding pass. One more time. So, like I said, even though if I don't get the position here, the idea is to make my opponent react. If he's reacting, it's good for me already. Even if I don't pass, like I said before, a lot of times, I just don't really want to pass, but I want to drain all his energy, all his strength, right? Until he stops, until he gets tired, and I get the side control. If it's another situation that we start only from the knees. Alright, so it's always to be one step ahead, so you really know what's your opponent looking for. So the idea is always to be one step ahead, right? So this one is anticipation, and this one, even if you don't work, if the position doesn't work really well, how you're looking for, the opponent is going to be reacting. The opponent is going to be defending. Your opponent is going to be pushing. If he's pushing, because that's not an attack, he's defending, so he's one step behind. So that means you still got something, right? Sometimes the position is not going to be perfect like you're looking for, but even if he is here and pushing, he's not attacking you, he's defending your attack. So that's going to be a advantage for

you already, right?