

Metadata: <https://www.youtube.com/watch?v=Mmofyf2xn4Y>

Okay, so we're going to use this single leg X. My partner's going to defend. I'm going to go to X guard and we're going to hit a sweep. But this time, instead of just coming up in our technical standup or controlling my partner's ankle, I'm going to use his momentum to help me come on top, switch my hips, and potentially end up in side control is the goal here. So when we're in our single leg X, again, we're using that pant grip on my partner. I climb up and he starts to defend. I switch for my X, same like before. I sweep my partner, but this time when he falls, I want to take my free hand and I'm going to post on the mat and I'm going to push myself up. As I push up, it's important to keep my pressure on my partner's leg. As I come up, I drop my hip down on his hip and I turn back into my partner. Now, if I stay in this position with my head really close to his hips, he could potentially take my back. So I want to control my partner's legs and start to push myself up higher to free his arms. We want to open his elbows up away from his body. So again, same setup here. He peels, I go inside and I sweep. As he falls, I post, switch my hips, and right away we're framing his legs. If I stay here like this, he's more than likely going to sit up and start to try to control my neck. This is what'll happen. So I've got to be cautious of that. I frame his legs, I start to walk my hips higher, opening his elbows away from his body here. So this one I'm going to do a little bit faster so you guys can see how we do this. So as he peels, I go inside, I hit my sweep. When he falls, I post and switch right away. I frame his hips, start to move myself up his body a little bit higher.