

Metadata: <https://www.youtube.com/watch?v=PizdshB63kw>

passing with the double unders, one of my favorite subjects. One thing you're going to have to learn how to do with this is learn how to drop from your feet to your knees without hurting yourself. Okay, so I try to think that I land flat like from my knee to my ankle and I don't exactly land, like it's not like I'm landing on my knees, I'm landing on my shins. Okay, so it's the idea of being here and you can practice this now, swing both hands and drop down like this. This is a very important component for the opener to get you into the double unders position swiftly, quickly, without detection, without giving it away and inching your way in there and allowing him to now set up some kind of block for it, whether he's using his feet or his hands, whatever it is. If you move fast like that and drop down, you're going to get into double unders position before he realizes it. Okay, so let's say I'm starting in an open guard here. He's on his back, I'll be here, let's do like a little sideways. Okay, so I need to go from here to swim my arms to drop down here. Okay, a mistake I used to make as a white belt was doing that, getting to that position, but doing it limb by limb, being like one, two, and then getting in there. Not going to happen like that, he can start setting hooks in. Okay, the sooner you go down, look at that, his feet are so far away from my hips now. Okay, let's look at that again because I found as a teacher showing this to white belts, they don't like it. White belts do not like moving that fast and dropping onto their knees that way. They just haven't learned how to do it without hurting themselves. So it'll take you some practice. He's going from an open guard, swim the hands. If you do it just without swimming the hands, you didn't get under his legs. I did drop swift and that was great. Okay, and maybe for something else, but if we want to get under the double under position, you got to swim and now drop my hands and my shins hit the ground. Now that we've gotten here, now what? Your training partner is going to hate you because you have to put that pressure. I'll load one side up more than the other and put that pressure on them and take my knees off the ground and get into this spot because now I can come around and pass. A mistake people make is they try to throw the leg. Okay, you don't want to throw the leg and expose your arm like that. Now Pete's hand will catch my elbow. All that starts going to crap there. So rather than throwing the leg is you kind of keep the leg where it's at and you move yourself around it. Once you pick up that concept, this guard pass becomes money. A lot of people struggle with that though, especially in the first year or so, is learning how to do that properly. So a swift drop with the hands pummeling. Oh, okay. Choose your side. I'm going to go left here. I'm going to drop my body so I can position his leg up on my shoulder. Now I can put the weight on, put the weight on, get my knees off the ground and land the plane. Don't throw the leg. Don't throw it. Some of you guys are going to do that anyway. I'll tell you not to do it and you do it anyway. You throw the leg. You don't want to throw it. It slips past. A lot of pressure. You can't see it, but Pete can feel it. And I'm coming up the head control and if I can catch the wrist. Okay, so telling you now, drop fast, drop swift. Get one side. You can put the pressure. I've even done like this. Don't give him a triangle, but give him a forearm. You put a forearm there and you can lock hands right here and use this to help you put pressure and now, boom, and then come up for upper body control. Okay, so you can sit up with Pete. So good luck with that. Remember, you've got to drop down fast and get under to the double unders position. Put proper weight on the guy. Don't throw the leg. Pass around it. Peace. Thank you, Pete. you