

Metadata: <https://www.youtube.com/watch?v=taWOzL4fKBE>

All right let's see our options to pass a three-quarter mount and we're gonna start with an easy one without any risk of our opponent recovering his guard that's my favorite one actually I'm always starting with this one whenever I'm not able to get that one I'll have to use something a little bit stronger and a little bit more radical. So we're starting in a position already and like this all right so first thing I get my underhook and right now I want to get with my knee a little bit lower so initially when I'm in a in a three-quarter mount I'm with my both legs high on his waistline but for this pass I only get lower like this so I open my knee I'm not sticking with his hip anymore I open my knee a little bit and I slide down with my other leg below the level of his hips now from here I'm not able to just turn and see what's his legs configuration there how he's crossing those legs so I have to use my foot to to see what's going on there so I'm trying to like see how his legs are crossing and where is the space where I can dig in with my toes so whenever I feel like a crack between his legs I'm digging in with my toes and whenever I'm able to get in I'm using an active hook to bring the leg up then he's not able to squeeze my foot anymore try to squeeze I can work it out to the ground bring the leg towards the hip bring the knee towards the hip again go over the hip and we got a nice and tight mount so that's an easy way the only thing you have to do you have to lower yourself down allowing yourself to use your legs and get between his legs whenever you're able to get between his legs use an active hook to separate them make some space and work your leg out so let's see from this this direction so here I got my my initial three quarter mount with an under hook so first I open my leg and I slide down so as you can see my hips are pressing against against his thigh here all right so I'm not high on his hips I'm here on his thigh so from here now I open my knee so it's going to be easy for me to work with my legs if my position is tight I'm limited if I'm wide I'm free to go so now I have to like use my foot to see what's going on here whenever I feel like there's a crack I dig in so I'm making like a little moves active hook bring the leg up separate them work your leg to get to the mat now knee tight come up on top