

Metadata: <https://www.youtube.com/watch?v=T5iRWGybPkU>

Let's take a look at hitting a cradle on our partner while they're in the sit-up guard, so that we can look at setting up our weave passing, okay? Remember, our goal is to always blend a few techniques together from any position so we can create consistency in our jiu-jitsu. So my partner is going to start here in shin guard. Let's turn a little bit. There we go. Okay, and he has my shin pretty much stuck, okay? As I'm walking backwards and he's turning, what I'm going to do now is I'm going to take my hand from here and I'm going to pull his head to the side and then try to put him in a headlock where my body lays right through the position where I can get my chest between his knee and his head, okay? Now I can lace my hand through, and as I fall back where he would sweep me, I'm basically going to cradle him like we would wrestling. Even if I can't get my hands locked, it's okay. It's okay. What I'm really trying to do is get this hand behind his leg and I'm going to start setting up my weave pass right now, okay? The hand on his head is just here to make him try to fight it off and push me, which is what this hand is going to do. So he's going to start pushing me in the chest. He's going to start fighting up. Perfect. He freed his head. Now my leg can swim over both and I can come up, and now I'm right into my weave passing sequence where I have a lot of different options that we can go back into earlier videos and take a look at. But from this position, we're here. Boom. I snap his head and I'm here. And basically what I want to do, I don't want to fall forward. I want to push into the back. I want to pull this leg in nice and close, okay? Then my hand laces through. As he pushes to free his head, I let it go so that I can kick up. And now my hand is here in my weave pass. Now I can pin it. I can circle to the back and I can do a lot of different things. The hard part for a lot of people is not hitting the forward roll, okay? So you really want to make sure you snap his head past you. So when we're in this position, if we're just going to stay here, I want to make sure when I'm here and I throw his head, I throw it. I don't want to just kind of move my body around it, okay? Because then I'm leaning too far forward. So when we're in this position and I'm leaning back, I almost backstep and pull everything together. So I lay into this position. You really want to make sure that your free leg, the one he's not holding onto, doesn't come forward. Because now it's hard to fall to the right and I don't want to fall straight backwards, okay? So while I'm in this position and I'm pushing back off this leg and put weight over here, I'm basically going to backstep, pull everything, lock it up. He's going to use that hand to free his head. Perfect. Step over this leg, come up. He's going to recover his guard. Perfect. I'm right here into my weave pass, okay? That's essentially what we're going to be looking to do when we're setting up that cradle to get into our weave. You can do a lot of different weave passes from that position. It's just about getting rid of the shin guard and being in a situation that you really understand. When you play from a weave pass all the time, you have so many different options and again, you're just breaking your partner down. It doesn't matter that he recovers and it doesn't matter that your weave pass doesn't work on the left. Maybe he fights back into butterfly or strong sided with our right arm weave, okay? That's okay. But you've negated his shin guard ability and getting to your legs and now you've put yourself in a powerful passing position.