

Start

Chapter 2: Playing Open Guard, Off-balances, Entries

Pass lapel behind opponent's leg (90's wozm)

Make knee and foot adjustments

Demi Guard position

Opponent opts for crossface and underhook

Elevate opponent and tilt to the side of lapel control

Sweep

Opponent disengages

Use free foot and hand hand to pull opponent and force them over you

Opt for sleeve grip, perform lateral tilt sweep

Underhook opponent's free leg, pull yourself underneath for x-guard sweep

MAP KEY

Position

Action

Opponent Reaction

Result

System

JIU JITSU

