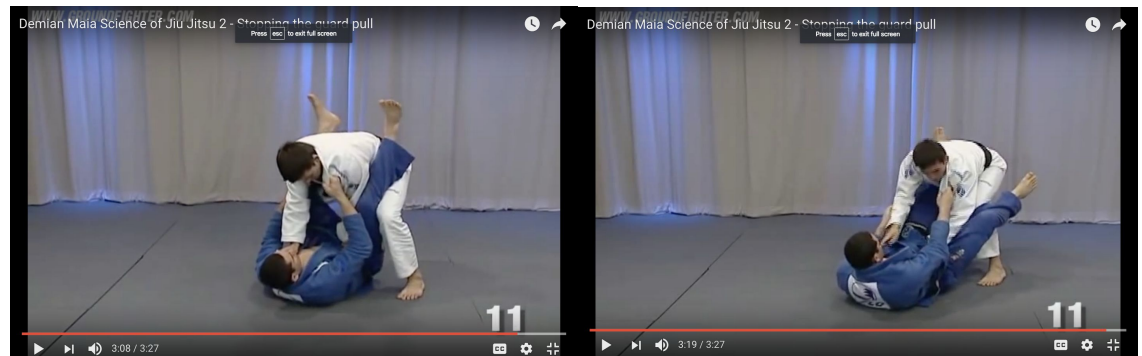


Guard Pull Defense



Avoid being put in opponents closed guard. If opponent has hip to hip connection with you, he can pull guard. Stop that hip to hip connection to stop guard pull. Take your hand on his elbow grip, move it to grab his belt, gi or something around his waist. **KEY.** Close your elbow inside (internal rotation) and place on your hip to make super strong. You essentially placed something between your hips and opponents hips.

He can not move your line of power. You don't need to worry about escaping, or putting your hips back. If he jumps to



guard, his legs are open. As long as your elbow is inside locked on your hip, he can not close his guard. Walk back and start to pass.