

Pulling Half Guard to Sweep

Basic grip collar and elbow grip. Right hand collar and left hand elbow grip.

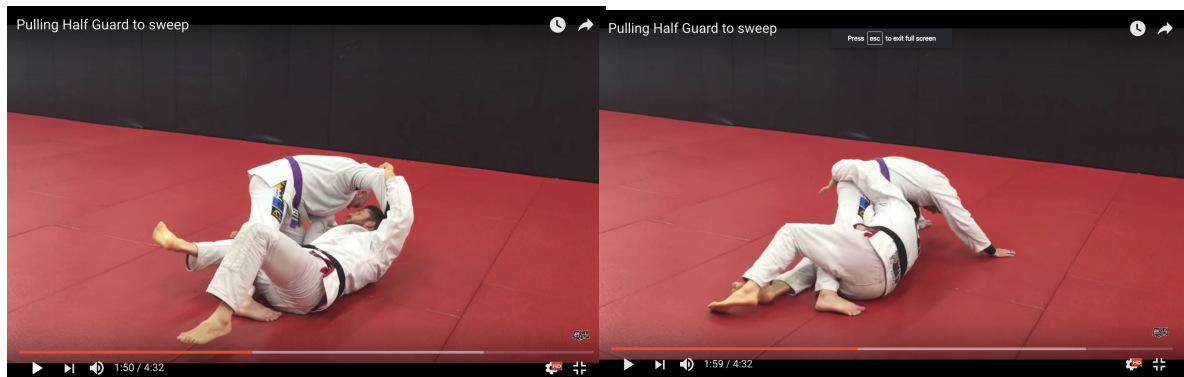
Pull his sleeve side so he steps that foot forward and is squared up or slightly forward. This is KEY.



Step forward with your same side foot at sleeve grab, outside his now forward or squared up foot. With your other foot, shoot onto your hip, step inside his feet, fall down on your side that you stepped inside his foot.



Another KEY point is flair your sleeve grab elbow out and pull down on your collar grip at the

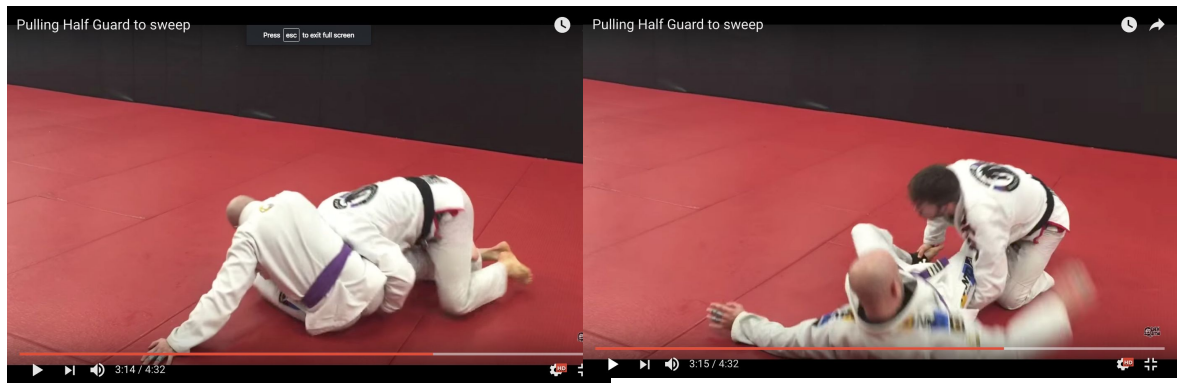


same time, as that makes his hand base out so his head does not hit the ground. Because there is an opening on his top rib cage side, you are now low and ready to get the sweep set up. Let go of the sleeve grip hand and shoot your hand behind his hip, just below his butt. You scored 2 points in this next move.

As your sleeve hand grabs behind his butt, your collar hand now goes under his leg and grabs his toes to get a strong grip. DO NOT grab his shin as that is weak. Pull that leg you have a toe grip on towards you and come up. The sweep is now completed.



As you come up, your legs are covering his knee.



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