

## Old School Closed Guard Break

From closed guard, take your left hand and grab his same side belt or his same side double collar and gently rest your left elbow on his same side right inner thigh to control it and prevent him from armbar attempts with his right leg. Now move your right knee towards his midline just a few inches so your right knee rests on the outside of his same side left hip to raise his left hip slightly, which takes his power away.



To begin opening his guard, you need leverage and to create leverage, do these 2 things in this order. First, step back at a 90% angle with your right leg and place your right foot on the mat.

This creates space between your hips and his. Next, take your right hand and place on his same side left knee. Don't grab his gi pants as the pants can move and weaken the



opening of his guard. Don't push on his knee. Just place your right hand on his same side left knee. Once those 2 things are done in that order, you are ready for the actual guard break.

What you will do to break the guard open is just circle your right leg backwards in one smooth motion and sit back and place your butt on the mat at the exact same time.



Now you actually open the guard with your back and your butt and NOT with your right hand pushing on his same side left knee. His guard is now open. Step over and pass.

