

SINGLE LEG TO X-GUARD SET-UP

When up against a strong wrestler or an opponent with superior takedowns, it can be difficult to haul him from the standing position down to his back. If you don't feel like challenging his wrestling skills for fear of ending up in a compromising position, a good option is to utilize this technique to establish the x-guard, and then employ one of the moves from the next section to sweep your opponent to his back. With this particular technique, you want to shoot in on your opponent's lead leg, making the level change and penetration involved similar to that of a single leg takedown.



I'm standing an arm length away from Frank, preparing to unleash my attack.



I close the distance and move into Frank's comfort zone by dropping my elevation, stepping my right foot forward, and wrapping my right hand around the outside of his left knee. From here I can work to execute a single leg takedown, but not wanting to compete with Frank's takedown defense, I decide to use the control I have on his left leg to pull him into the x-guard.



I drop my left knee to the mat to lower my elevation.





Posting on my left knee for balance, I place my right foot to the inside of Frank's left foot.



To gain control of Frank's right leg, I slide my left leg underneath my body, drop my left hip to the mat, and hook my left hand around the inside of his right hamstring.



In order to pull Frank into the x-guard, I need to position my body underneath his hips. To accomplish this, I roll onto my left shoulder, elevate his left foot off the mat by lifting my right foot into the air, draw his left leg over my body using the strength in my right leg, and rotate in a clockwise direction by pulling on his right leg using my left underhook. It is important to notice how I keep my right leg bent at a ninety-degree angle while also keeping my right hand locked around the outside of his left knee. The former gives me the leverage I need to pull his left leg off the mat, and the latter prevents him from stepping his left leg over my right hook, freeing his leg, and passing into a dominant position.





In an attempt to maintain his balance, Frank drops his left foot to the mat.



The instant Frank drops his left foot to the mat, I maneuver my left foot to the front of his left thigh. It's important to notice how I keep my right hand planted on his right knee, as well as how I'm continuing to control his right leg using my left underhook. As a rule of thumb, you always want to keep your right hand glued to your opponent's thigh until you've secured your second hook and established the x-guard position.



To establish the x-guard position, I stretch out both legs, pull Frank's right leg over my left shoulder, and then clasp my hands over the top of his right knee and thigh to prevent him from pulling his leg out and escaping the position. To hinder him from breaking free of my hooks and advancing into a dominant position, I keep both of my legs tense.