

No-Gi Butterfly Guard Scenarios & Game Plan

Author: Jason Scully

www.GrapplersGuide.com

This outline presents many different scenarios and options that stem from the butterfly guard position without the gi on. The butterfly guard is one of the most dynamic guard positions in grappling. Those who are good at the butterfly guard are known for their ability to off balance their opponent's and obtain sweeps leading into dominant top positions.

It is also a very good position to transition into many other types of guard. With this versatility the butterfly guard helps to build a smooth flowing game.

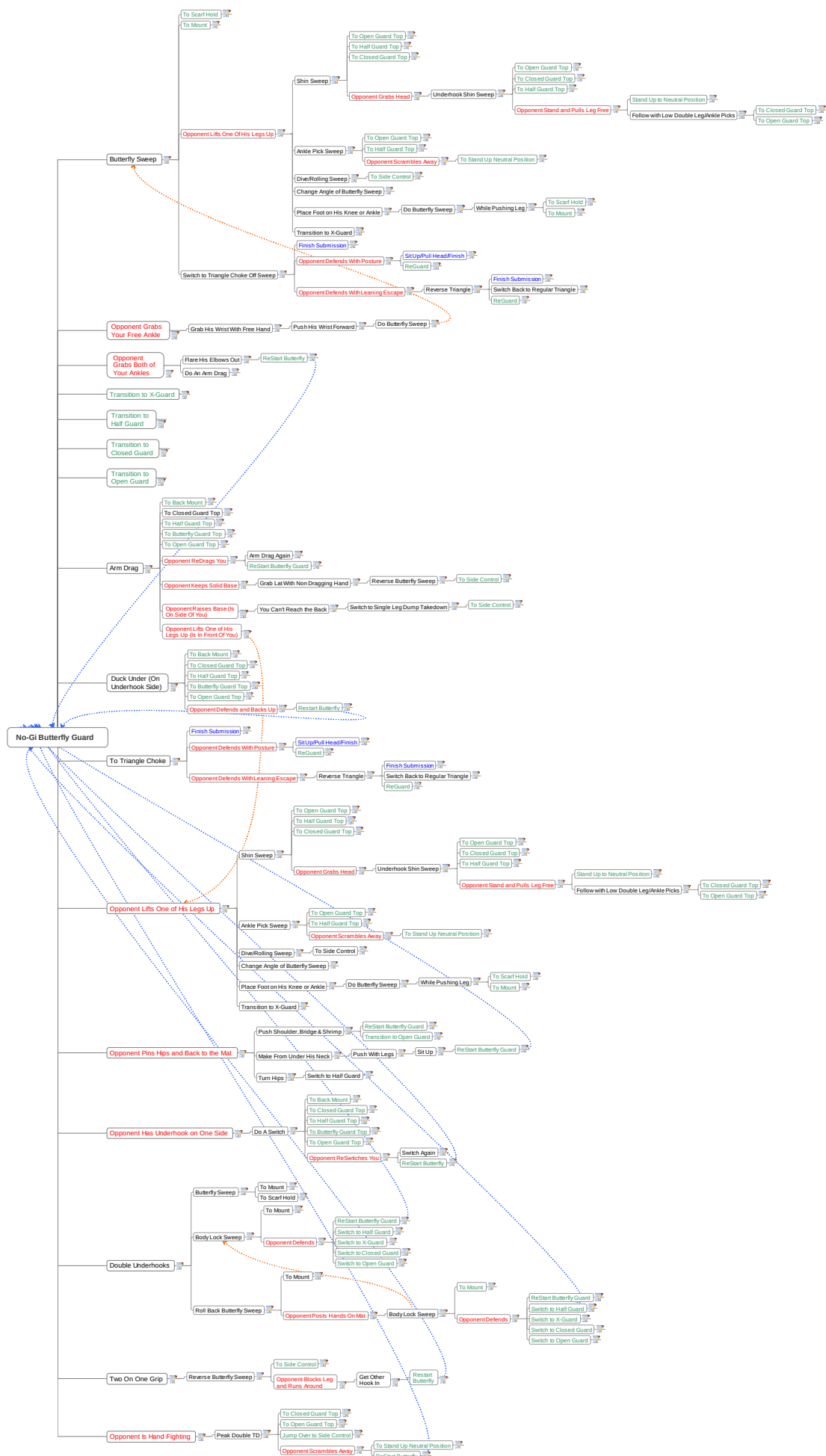
To better understand the outline, take a look at the legend below:

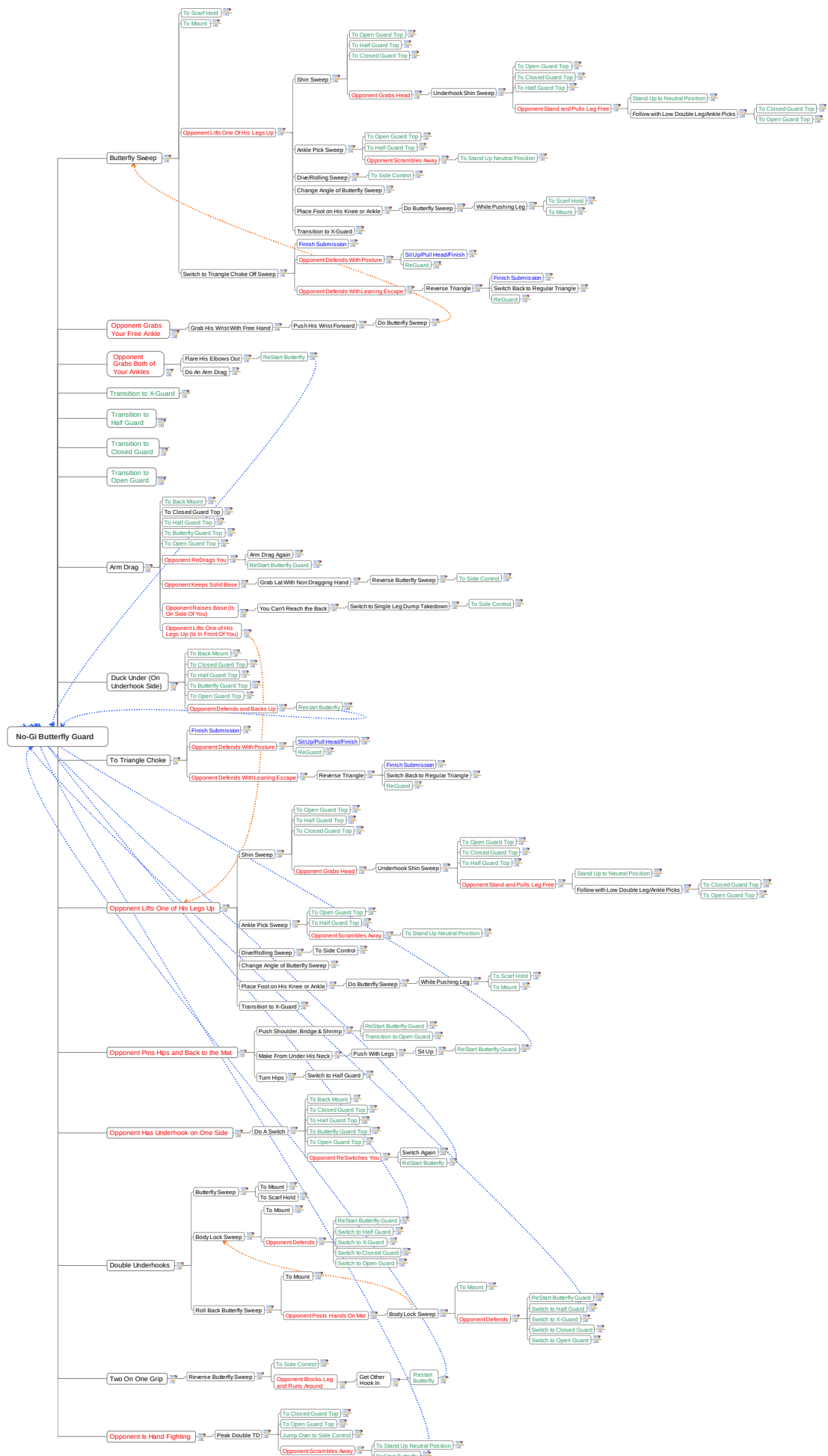
- All text that is in **red** is a reaction or movement that your opponent gives you.
- You will also see some links at certain areas. These links will take you to an area that you will end up at during that point of the scenario.
- Anything not in red is what your reaction or your option would be.
- For questions and comments about this outline you can post in the topic related to this outline in our forum at www.grapplersguide.com or you can e-mail me at thegrapplersguide@gmail.com
- This outline is not complete and will be updated in the future so be on the lookout for future releases along with scenarios and game plans starting from other major positions.
- I hope to also update this document with images and/or links to video showing more of a visual of each scenario and concept.

The techniques in this document are dangerous. You should also practice with someone you trust and stop when your partner signals. These techniques should be practiced in the presence of a qualified instructor.

The author of this document is not liable for any misuse of the information contained here.

Below is a visual representation of the No-Gi Butterfly Guard Strategies that are explained in this document. To see the words and details more you can use the zoom function in your pdf reader.





I. Butterfly Sweep

From a general butterfly position with an underhook and wrist control usually the main option is to go for a regular butterfly sweep.

A. To Scarf Hold

After you sweep your opponent you can then shoot your leg through and obtain scarf hold position.

B. To Mount

You also have the opportunity to sweep your opponent and immediately obtain the mount position.

C. Opponent Lifts One Of His Legs Up

A very common reaction to the butterfly sweep is for your opponent to lift one of his legs up and post it out.

1. Shin Sweep

When he does this you can go for the shin in sweep with either one leg or both legs.

a) To Open Guard Top

Sweep your opponent and land in his open guard. Ensure that you have a good base.

b) To Half Guard Top

You may land in his half guard. Get your hips low immediately and work to pass.

c) To Closed Guard Top

Your opponent may be able to scramble to a closed guard after being swept. Establish your passing posture right away.

d) Opponent Grabs Head

A common defense to the shin sweep is for your opponent to grab to back of your head.

(1) Underhook Shin Sweep

When your opponent does this you will hook your arm under the leg that your shin is under and shoot your outside leg through and switch to the underhook shin sweep. Even if your opponent is holding your head you should still have a better chance of sweeping him.

(a) To Open Guard Top

Sweep your opponent and land in his open guard. Ensure that you have a good base.

(b) To Closed Guard Top

Your opponent may be able to scramble to a closed guard after being swept. Establish your passing posture right away.

(c) To Half Guard Top

You may land in his half guard. Get your hips low immediately and work to pass.

(d) Opponent Stand and Pulls Leg Free

A common reaction to the underhook shin sweep is of your opponent to pull his leg out hard and try to run away.

(i) Stand Up to Neutral Position

When he does this he may end up standing and you'll have to start in a standing neutral position.

(ii) Follow with Low Double Leg/Ankle Picks

You can also quickly stay low and following him and do a low double leg take down or ankle pick.

(a) To Closed Guard Top

Your opponent may be able to scramble to a closed guard after being taken down. Establish your passing posture right away.

(b) To Open Guard Top

Take your opponent down and land in his open guard. Ensure that you have a good base.

2. Ankle Pick Sweep

Another option is to quickly pick the ankle of the leg your opponent lifts up with your hand and drive forward.

a) To Open Guard Top

Sweep your opponent and land in his open guard. Ensure that you have a good base.

b) To Half Guard Top

You may land in his half guard. Get your hips low immediately and work to pass.

c) Opponent Scrambles Away

Your opponent's defense may be to scramble away and stand up.

(1) To Stand Up Neutral Position

When he does this he may end up standing and you'll have to start in a standing neutral position.

3. Dive/Rolling Sweep

Another option is to diver under your opponent's like while keeping the butterfly hook. You'll hook under his leg with your arm and then roll him over you. You may have to make sure you chop his arm out because he may try to post out on the mat.

a) To Side Control

Then end up in side control.

4. Change Angle of Butterfly Sweep

You can also change the ankle of the butterfly sweep so that you obtain the proper sweeping ankle to where your opponent is not heavy. To change the ankle you may have to either scoot your body in or out more.

5. Place Foot on His Knee or Ankle

Another option is to place your free foot that does not have the hook onto the knee or ankle of the leg your opponent is posting out so you can push on it when you go for the sweep.

a) Do Butterfly Sweep

Then you'll continue the butterfly sweep.

(1) While Pushing Leg

While you push on his leg with your posted foot on his knee or ankle depending on which you can reach and feels more comfortable.

(a) To Scarf Hold

After you sweep your opponent you can then shoot your leg through and obtain scarf hold position.

(b) To Mount

You also have the opportunity to sweep your opponent and immediately obtain the mount position.

6. Transition to X-Guard

Another option for when your opponent lifts his leg up is to transition into the X-Guard position.

D. Switch to Triangle Choke Off Sweep

You have the option to switch to a triangle choke off of the butterfly sweep. You'll attempt the sweep with wrist control and then lean back and shoot your legs up into a triangle.

1. Finish Submission

After getting the triangle the first step is to finish it.

2. Opponent Defends With Posture

A common escape for the triangle is for your opponent to posture his head and body up right away making it harder for you to lock your triangle into place.

a) Sit Up/Pull Head/Finish

If you have the ability to sit up with your opponent as he postures up and grab his head. It will help you break his posture as you pull his head down. Then you will have an easier time working to finish the triangle.

b) ReGuard

If you can not break your opponent down it may be your best bet to withdraw from the triangle attack and reestablish your guard position and work your attacks from the beginning.

3. Opponent Defends With Leaning Escape

Another really effective escape for your opponent even if you have the triangle sunk is for him to place pressure on the knee of the leg that you have across his neck. Then he'll tilt his body towards that knee bringing it close to the ground. This relieves the pressure on his neck and gives him a chance to escape.

a) Reverse Triangle

A good counter to the leaning triangle escape is for you to switch the positioning of your legs so you have a reverse triangle. The leg that was over your ankle will switch to go across your opponent's shoulder and neck and the leg that you had across his neck in the beginning will go over your other ankle. It is the same leg positioning as a regular triangle but your legs are the opposite way.

(1) Finish Submission

It is very possible to finish your opponent from here when you switch to the reverse triangle when he does the leaning triangle escape, because of the angle you are at. Start driving down with your leg that is over your other leg's ankle and then squeeze your knees together.

(2) Switch Back to Regular Triangle

If you can't finish the reverse triangle that's fine. When your opponent starts to square his body back up again, you should quickly switch your legs back to a regular triangle and work to finish again.

(3) ReGuard

If all else fails, it may be your best bet to withdraw from the triangle attack and reestablish your guard position and work your attacks from the beginning.

II. Opponent Grabs Your Free Ankle

Sometimes your opponent will grab the ankle of your leg that does not have the hook.

A. Grab His Wrist With Free Hand

When he does this you will grab his wrist with your hand that does not have a underhook.

1. Push His Wrist Forward

Then you'll push his wrist forward.

a) Do Butterfly Sweep

See also: [Butterfly Sweep](#)

And do the butterfly sweep.

III. Opponent Grabs Both of Your Ankles

Another thing your opponent might do, is he will grab both of your ankles looking to pass.

A. Flare His Elbows Out

Option number 1 could be to grab both of his elbows with your hands and pull them outwards breaking his posture.

1. ReStart Butterfly

See also: [No-Gi Butterfly Guard](#)

Then you can restart your butterfly game.

B. Do An Arm Drag

Another option could be to grab one of your opponent's wrist and then arm drag him on that side.

IV. Transition to X-Guard

It is fairly simple to transition to the x-guard from butterfly guard.

V. Transition to Half Guard

It is very easy to transfer to half guard from the butterfly guard.

VI. Transition to Closed Guard

It is fairly easy to transition to the closed guard from butterfly guard.

VII. Transition to Open Guard

It is fairly easy to transition to the open guard from butterfly guard.

VIII. Arm Drag

Many times your opponent will reach out with one of his arms and leave himself open for an arm drag.

A. To Back Mount

From there you can transition to the back if you keep tight control.

B. To Closed Guard Top

Your opponent might scramble to his guard and get closed guard.

C. To Half Guard Top

Your opponent might scramble to his guard and get half guard.

D. To Butterfly Guard Top

Your opponent might scramble to his guard and get butterfly guard.

E. To Open Guard Top

Your opponent might scramble to his guard and get open guard.

F. Opponent ReDrags You

One of your opponent's options when you go for an arm drag on him is to arm drag you back.

1. Arm Drag Again

From there you can do the same and arm drag him again.

2. ReStart Butterfly Guard

Or you may end up on the bottom in the butterfly guard again.

G. Opponent Keeps Solid Base

Some people are able to keep a solid base and prevent the drag.

1. Grab Lat With Non Dragging Hand

From there you will grab their lat with your non dragging hand and keep the arm drag position on their arm.

a) Reverse Butterfly Sweep

Then you can attempt a reverse butterfly sweep.

(1) To Side Control

Then sweep to side control.

H. Opponent Raises Base (Is On Side Of You)

Another defense to the arm drag is for your opponent to raise their base and you end up on the side of them.

1. You Can't Reach the Back

This keeps you from being able to reach around their back to finish the arm drag.

a) Switch to Single Leg Dump Takedown

From there you can quickly transition to a single leg takedown that is lower to the mat.

(1) To Side Control

From there end up in side control.

I. Opponent Lifts One of His Legs Up (Is In Front Of You)

See also: [Opponent Lifts One of His Legs Up](#)

Your opponent many times may also lift one of his legs up and post it out to prevent you from finishing the arm drag.

IX. Duck Under (On Underhook Side)

You have the option of ducking under the underhook side of your opponent.

A. To Back Mount

Then get to the back mount.

B. To Closed Guard Top

Your opponent may scramble and sit to guard and establish a closed guard.

C. To Half Guard Top

Your opponent may scramble and sit to guard and establish a half guard.

D. To Butterfly Guard Top

Your opponent may scramble and sit to guard and establish a butterfly guard.

E. To Open Guard Top

Your opponent may scramble and sit to guard and establish a open guard.

F. Opponent Defends and Backs Up

One way your opponent may defend the duck under is to back his body up.

1. Restart Butterfly

See also: [No-Gi Butterfly Guard](#)

From there you will end up restarting your butterfly game.

X. To Triangle Choke

You have the option to switch to a triangle choke off of the butterfly sweep. You'll attempt the sweep with wrist control and then lean back and shoot your legs up into a triangle.

A. Finish Submission

After getting the triangle the first step is to finish it.

B. Opponent Defends With Posture

A common escape for the triangle is for your opponent to posture his head and body up right away making it harder for you to lock your triangle into place.

1. Sit Up/Pull Head/Finish

If you have the ability to sit up with your opponent as he postures up and grab his head. It will help you break his posture as you pull his head down. Then you will have an easier time working to finish the triangle.

2. ReGuard

If you can not break your opponent down it may be your best bet to withdraw from the triangle attack and reestablish your guard position and work your attacks from the beginning.

C. Opponent Defends With Leaning Escape

Another really effective escape for your opponent even if you have the triangle sunk is for him to place pressure on the knee of the leg that you have across his neck. Then he'll tilt his body towards that knee bringing it close to the ground. This relieves the pressure on his neck and gives him a chance to escape.

1. Reverse Triangle

A good counter to the leaning triangle escape is for your to switch the positioning of your legs so you have a reverse triangle. The leg that was over your ankle will switch to go across your opponent's shoulder and neck and the leg that you had across his neck in the beginning will go over your other ankle. It is the same leg positioning as a regular triangle but your legs are the opposite way.

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It is very possible to finish your opponent from here when you switch to the reverse triangle when he does the leaning triangle escape, because of the angle you are at. Start driving down with your leg that is over your other legs ankle and then squeeze your knees together.

b) Switch Back to Regular Triangle

If you can't finish the reverse triangle that's fine. When your opponent starts to square his body back up again, you should quickly switch your legs back to a regular triangle and work to finish again.

c) ReGuard

If all else fails, it may be your best bet to withdraw from the triangle attack and reestablish your guard position and work your attacks from the beginning.

XI. Opponent Lifts One of His Legs Up

A very common thing for your opponent to do is to lift one of his legs up and post it out to establish a better base. This leaves him open to attacks.

A. Shin Sweep

When he does this you can go for the shin in sweep with either one leg or both legs.

1. To Open Guard Top

Sweep your opponent and land in his open guard. Ensure that you have a good base.

2. To Half Guard Top

You may land in his half guard. Get your hips low immediately and work to pass.

3. To Closed Guard Top

Your opponent may be able to scramble to a closed guard after being swept. Establish your passing posture right away.

4. Opponent Grabs Head

A common defense to the shin sweep is for your opponent to grab to back of your head.

a) Underhook Shin Sweep

When your opponent does this you will hook your arm under the leg that your shin is under and shoot your outside leg through and switch to the underhook shin sweep. Even if your opponent is holding your head you should still have a better chance of sweeping him.

(1) To Open Guard Top

Sweep your opponent and land in his open guard. Ensure that you have a good base.

(2) To Closed Guard Top

Your opponent may be able to scramble to a closed guard after being swept. Establish your passing posture right away.

(3) To Half Guard Top

You may land in his half guard. Get your hips low immediately and work to pass.

(4) Opponent Stand and Pulls Leg Free

A common reaction to the underhook shin sweep is of your opponent to pull his leg out hard and try to run away.

(a) Stand Up to Neutral Position

When he does this he may end up standing and you'll have to start in a standing neutral position.

(b) Follow with Low Double Leg/Ankle Picks

You can also quickly stay low and following him and do a low double leg take down or ankle pick.

(i) To Closed Guard Top

Your opponent may be able to scramble to a closed guard after being taken down. Establish your passing posture right away.

(ii) To Open Guard Top

Take your opponent down and land in his open guard. Ensure that you have a good base.

B. Ankle Pick Sweep

Another option is to quickly pick the ankle of the leg your opponent lifts up with your hand and drive forward.

1. To Open Guard Top

Sweep your opponent and land in his open guard. Ensure that you have a good base.

2. To Half Guard Top

You may land in his half guard. Get your hips low immediately and work to pass.

3. Opponent Scrambles Away

Your opponent's defense may be to scramble away and stand up.

a) To Stand Up Neutral Position

When he does this he may end up standing and you'll have to start in a standing neutral position.

C. Dive/Rolling Sweep

Another option is to diver under your opponent's like while keeping the butterfly hook. You'll hook under his leg with your arm and then roll him over you. You may have to make sure you chop his arm out because he may try to post out on the mat.

1. To Side Control

Then end up in side control.

D. Change Angle of Butterfly Sweep

You can also change the angle of the butterfly sweep so that you obtain the proper sweeping angle to where your opponent is not heavy. To change the angle you may have to either scoot your body in or out more.

E. Place Foot on His Knee or Ankle

Another option is to place your free foot that does not have the hook onto the knee or ankle of the leg your opponent is posting out so you can push on it when you go for the sweep.

1. Do Butterfly Sweep

Then you'll continue the butterfly sweep.

a) While Pushing Leg

While you push on his leg with your posted foot on his knee or ankle depending on which you can reach and feels more comfortable.

(1) To Scarf Hold

After you sweep your opponent you can then shoot your leg through and obtain scarf hold position.

(2) To Mount

You also have the opportunity to sweep your opponent and immediately obtain the mount position.

F. Transition to X-Guard

Another option for when your opponent lifts his leg up is to transition into the X-Guard position.

XII. Opponent Pins Hips and Back to the Mat

A very common thing for your opponent to do to try and set up and pass your guard is to get low and pin your hips to the mat making it very hard for you to move your body and hips.

A. Push Shoulder, Bridge & Shrimp

A very good option to do from here is to place both of your hands on your opponent's shoulders, bridge your hips up and shrimp your body away.

1. ReStart Butterfly Guard

You can then restart your butterfly guard.

2. Transition to Open Guard

Or transition to an open guard.

B. Make From Under His Neck

You can also make a frame under your opponent's neck.

1. Push With Legs

Push him away with your legs and arms

a) Sit Up

Sit up while pushing with your frame.

(1) ReStart Butterfly Guard

See also: [No-Gi Butterfly Guard](#)

Then restart butterfly guard.

C. Turn Hips

You can turn your hips out.

1. Switch to Half Guard

Then transition to half guard.

XIII. Opponent Has Underhook on One Side

Sometimes your opponent is working to pummel to get underhooks and ends up establishing one underhook.

A. Do A Switch

When your opponent gets an underhook on one of your sides and you're still sitting up and you don't have your back flat on the mat you have the opportunity to do a switch on your him.

1. To Back Mount

From there you will ideally transition to the back mount.

2. To Closed Guard Top

Your opponent may scramble and sit guard to a closed guard.

3. To Half Guard Top

Your opponent may scramble and sit guard to a half guard.

4. To Butterfly Guard Top

Your opponent may scramble and sit guard to a butterfly guard.

5. To Open Guard Top

Your opponent may scramble and sit guard to an open guard.

6. Opponent ReSwitches You

One of your opponent's options when you go for a switch on him is to switch you back.

a) Switch Again

From there you can do the same and switch him again.

b) ReStart Butterfly

See also: [No-Gi Butterfly Guard](#)

Or you may end up on the bottom in the butterfly guard again.

XIV. Double Underhooks

Another good position for you to have is double underhooks on your opponent.

A. Butterfly Sweep

From here you can do a regular butterfly sweep.

1. To Mount

Establish the mount position.

2. To Scarf Hold

Establish the scarf hold position.

B. Body Lock Sweep

You have the option of driving forward and doing the body lock sweep by breaking your opponent down.

1. To Mount

From there you'll go to the mount.

2. Opponent Defends

Your opponent may have a very strong base and he may defend your body lock sweep.

a) ReStart Butterfly Guard

See also: [No-Gi Butterfly Guard](#)

You can restart your butterfly guard.

b) Switch to Half Guard

Transition to half guard.

c) Switch to X-Guard

Transition to x-guard.

d) Switch to Closed Guard

Transition to closed guard.

e) Switch to Open Guard

Transition to open guard.

C. Roll Back Butterfly Sweep

Another option from the butterfly guard with double underhooks is to do the roll back butterfly sweep where you roll your opponent over you and do a back roll with him to obtain top position.

1. To Mount

From there you establish the mount.

2. Opponent Posts Hands On Mat

A common defense to the roll back butterfly sweep is for your opponent to post his hands on the mat.

a) *Body Lock Sweep*

See also: [Body Lock Sweep](#)

From there you will rock back and drive forward into the body lock sweep.

(1) To Mount

From there you'll go to the mount.

(2) Opponent Defends

Your opponent may have a very strong base and he may defend your body lock sweep.

(a) *ReStart Butterfly Guard*

See also: [No-Gi Butterfly Guard](#)

You can restart your butterfly guard.

(b) *Switch to Half Guard*

Transition to half guard.

(c) *Switch to X-Guard*

Transition to x-guard.

(d) *Switch to Closed Guard*

Transition to closed guard.

(e) *Switch to Open Guard*

Transition to open guard.

XV. Two On One Grip

Another grip option is to establish a two on one grip similar to a wrestlers two on one. With one hand controlling by the wrist and the other controlling by the elbow.

A. Reverse Butterfly Sweep

From here you can go for the reverse butterfly sweep.

1. To Side Control

Then establish side control.

2. Opponent Blocks Leg and Runs Around

Your opponent may block your sweeping leg and then attempt to pass around your guard.

a) Get Other Hook In

From there you will quickly get your other hook in.

(1) Restart Butterfly

See also: [No-Gi Butterfly Guard](#)

Then re-establish butterfly guard.

XVI. Opponent Is Hand Fighting

There may be a point where you and your opponent are fighting for a good position and grips. This leads to hand fighting.

A. Peak Double TD

From here you can take the opportunity to catch your opponent off guard and drive into him to do a peak double takedown sweep. You want to drive your head into him.

1. To Closed Guard Top

You may get him on his back and he may scramble to a closed guard position.

2. To Open Guard Top

You may get him on his back and he may scramble to an open guard position.

3. Jump Over to Side Control

Your best option after getting the peak double is to immediately jump over to side control as you sweep him.

4. Opponent Scrambles Away

Your opponent may have really good base and scramble away.

a) To Stand Up Neutral Position

From there you may end up in a standing neutral position.

b) ReStart Butterfly

See also: [No-Gi Butterfly Guard](#)

You may also have the option to restart butterfly guard.