

No-Gi Closed Guard Scenarios & Game Plan

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This outline presents many different scenarios and options that stem from the closed guard position without the gi on. The closed guard is one of the most basic positions in grappling on the ground, but it can also be very dynamic just like all of the positions in grappling. It is very important to be able to understand the concepts and how to react to your opponent's movements.

It is also equally important to not just be stale with your closed guard. You should always be active, making sure you keeping your position tight and controlled along with always working angles.

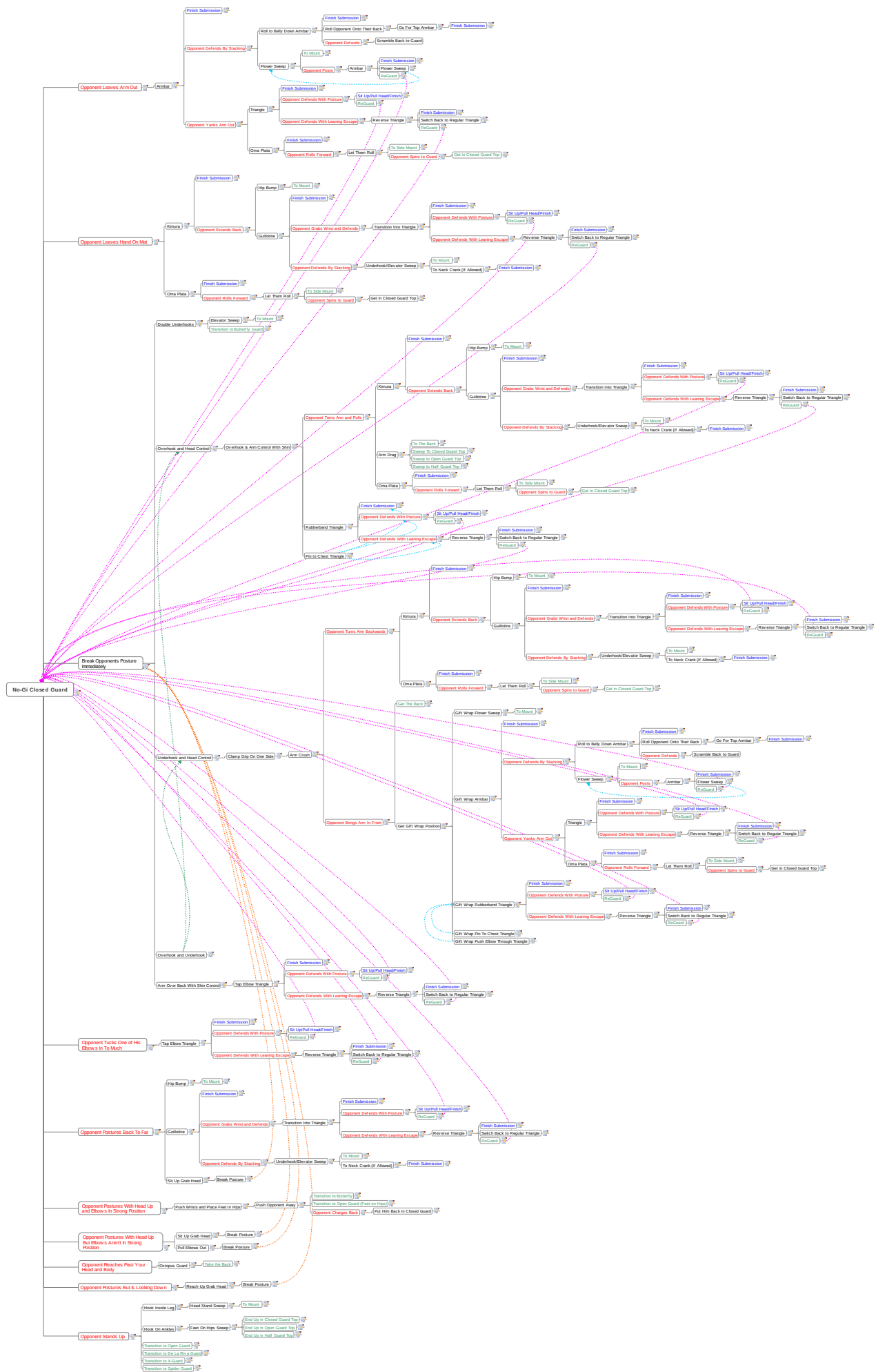
To better understand the outline, take a look at the legend below:

- 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. For example doing a flower sweep leads to an armbar, which may lead back to a flower sweep again, so you will see a link that will take you back to the flower sweep so you can review your options again.
- 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 Closed 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. Opponent Leaves Arm Out

When your opponent leaves one of his arms hanging out it leaves him open for certain attacks.

A. Armbar

When your opponent has his arm hanging out in front of him, many times it leaves him open for an armbar.

1. Finish Submission

First step is to finish the armbar.

2. Opponent Defends By Stacking

A common defense to the armbar is for your opponent to protect his arm and then stack into you.

a) Roll to Belly Down Armbar

An option for when your opponent tries to stack you as you go for an armbar from the guard is to keep rolling through under your opponent so you can transition to a belly down armbar or sometimes it's more of an armbar on your side.

(1) Finish Submission

The first scenario of transitioning into a belly down armbar is to finish it.

(2) Roll Opponent Onto Their Back

If you are having trouble finishing the belly down armbar/side armbar then you can try to roll your opponent so you have a regular top armbar. You can do this by either grabbing his near leg and throwing him over onto his back as you keep the armbar, or you can place a lot of pressure on his face with your leg and then drive him onto his back backwards.

(a) Go For Top Armbar

After you roll your opponent onto his back then go for the armbar from the top.

(i) Finish Submission

Your best option here is to finish the armbar.

(3) Opponent Defends

If you are unable to finish the belly down armbar because your opponent is defending really well. It may be your best bet to scramble back into the guard and restart your attack sequence.

(a) Scramble Back to Guard

b) Flower Sweep

Another option for when your opponent stacks you is to hook his leg with your inside arm and switch to a flower sweep. This is an effective combination because you already have your opponent's arm trapped which makes it harder for him to post out and defend the sweep.

(1) To Mount

If you successfully execute the sweep you should end up in the mount position on top.

(2) Opponent Posts

If for some reason you can't get the sweep off because your opponent posts out with his other hand, that lots of times leaves him open once again for the armbar.

(a) Armbar

Go for the armbar if your opponent posts with his other hand to defend the flower sweep.

(i) Finish Submission

First option would be to finish the armbar.

(ii) Flower Sweep

See also: [Flower Sweep](#)

If you can't finish the armbar, you can also go right back to the flower sweep. The flower sweep and armbar from the guard are very closely linked and make a great combination.

(iii) ReGuard

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

If all else fails it may be a good idea to regroup and go back to the guard so you can set up your attacks once again.

3. Opponent Yanks Arm Out

While it's not 100% recommended to do this many people just try to pull their arm out. When they yank their arm out from being armbarred, that usually leaves their other arm in between your legs setting you up for a triangle or oma plata.

a) Triangle

Option number 1 would be to go for a triangle if your opponent yanks his arm out.

(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

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

If you cannot 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.

(i) 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 legs ankle and then squeeze your knees together.

(ii) 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.

(iii) ReGuard

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

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.

b) Oma Plata

Option number 2 would be to switch to an oma plata if your opponent yanks his arm out.

(1) Finish Submission

Option number 1 when attempting a submission is to always try to finish the submission first because that is the objective in the first place.

(2) Opponent Rolls Forward

If you are unable to control your opponent it is very common for them to roll forward to escape you oma plata attempts.

(a) Let Them Roll

It is a good idea to let them roll if you're at the point where you can't control them because you should most likely end up on top in a dominate position.

(i) To Side Mount

If you block their near leg and hip as they roll you should be able to end up on top in side control position.

(ii) Opponent Spins to Guard

You opponent may be used to your control options as he rolls and he may spin his way into having the guard.

(a) Get in Closed Guard Top

From here you will be inside his closed guard and start to work your passing game.

II. Opponent Leaves Hand On Mat

When your opponent leaves or has his hand on the mat he leaves himself open for a couple different attacks.

A. Kimura

Option number 1 is to go for a kimura.

1. Finish Submission

The first thing you want to focus on is finishing the kimura.

2. Opponent Extends Back

A common reaction is for your opponent to extend his body back to defend the kimura to make it harder for you to fall back into it and finish it.

a) Hip Bump

When he extends his body back he may leave himself open for a hip bump sweep.

(1) To Mount

From there you will sweep him into the mount position.

b) Guillotine

Another option is to sit up and throw one of your arms around his neck into a guillotine.

(1) Finish Submission

First option is to finish the guillotine.

(2) Opponent Grabs Wrist and Defends

A common way for your opponent to defend the guillotine is to grab your wrist that is around his neck and pull on it to relieve the pressure.

(a) Transition Into Triangle

If your opponent defends the guillotine by grabbing your wrist and relieving the pressure then you can take your hand that is not around your wrist and then control his wrist so he can't move it. Then you can swing your leg around into a triangle because you trapping his hand inside.

(i) Finish Submission

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

(ii) 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

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

If you cannot 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.

(iii) 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.

(i) 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 legs ankle and then squeeze your knees together.

(ii) 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.

(iii) ReGuard

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

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.

(3) Opponent Defends By Stacking

Another common defend to the guillotine is for your opponent to stack into you and press his shoulder into your neck. Making it much harder for you to finish the guillotine and making it very uncomfortable for you.

(a) Underhook/Elevator Sweep

When he does this you may have the ability to take your arm that is around your opponents and get an underhook under his arm. You will let go of his neck with your arm and get an underhook on that side which will cause your opponent's head to be trapped under your shoulder. Then you take your same side foot and hook the inside of his thigh and swim him over by driving up with your foot and flipping him over with your arm that has the underhook.

(i) To Mount

First option is to establish the mount position.

(ii) To Neck Crank (If Allowed)

Second option if it's allowed in your school or in your competition division is to get the crucifix neck crank.

(a) Finish Submission

From there you will finish your opponent with the neck crank.

B. Oma Plata

Option number 2 would be to go for an oma plata.

1. Finish Submission

From the oma plata the first option would be to try and finish the submission.

2. Opponent Rolls Forward

The most common escape from an oma plata is for your opponent to roll forward to get out. Many times they will try to spin to the guard as the roll so they don't end up in a bad position.

a) Let Them Roll

Your best bet is to let them roll, but make sure you block their hips and their near leg so they don't spin into the guard.

(1) To Side Mount

First option when they roll would be to block their hip and near leg so you get them into side control.

(2) Opponent Spins to Guard

Your opponent may time it right and get the guard.

(a) Get in Closed Guard Top

From there you will then start working your guard passing.

III. Break Opponents Posture Immediately

If you have the ability to break your opponent's posture immediately that is a plus. It will give you an opportunity to get your opponent close to you and get better control, by establishing underhooks, overhooks, and head control.

A. Double Underhooks

Position number one in no particular order after breaking your opponent's posture is to get double underhooks.

1. Elevator Sweep

After you get double underhooks you will bring your arms high up on his back and then take one of your feet and hook the inside of his thigh so you can perform an elevator sweep.

a) To Mount

From there you transition to the mount.

2. Transition to Butterfly Guard

Another option from the double underhooks closed guard position is to transition to the butterfly guard where you will end up with a strong grip on his body.

B. Overhook and Head Control

Position number 2 in no particular order is getting an overhook with head control.

1. Overhook & Arm Control With Shin

From there you can keep the overhook position and then push your opponent's other arm on his bicep or from an underhook and get your shin in the crook of his arm as you pull his wrist with your hand. This places a lot of pressure on his arm and now you have very good control of him. You will have an overhook on one arm and control of his other arm with your shin. This also helps to create a very good angle.

a) Opponent Turns Arm and Pulls

A common reaction from your opponent is for him to turn his arm backwards and try to pull his arm out.

(1) Kimura

From there you have a good position for a kimura.

(a) Finish Submission

The first thing you want to focus on is finishing the kimura.

(b) Opponent Extends Back

A common reaction is for your opponent to extend his body back to defend the kimura to make it harder for you to fall back into it and finish it.

(i) Hip Bump

When he extends his body back he may leave himself open for a hip bump sweep.

(a) To Mount

From there you will sweep him into the mount position.

(ii) Guillotine

Another option is to sit up and throw one of your arms around his neck into a guillotine.

(a) Finish Submission

First option is to finish the guillotine.

(b) Opponent Grabs Wrist and Defends

A common way for your opponent to defend the guillotine is to grab your wrist that is around his neck and pull on it to relieve the pressure.

(i) Transition Into Triangle

If your opponent defends the guillotine by grabbing your wrist and relieving the pressure then you can take your hand that is not around your wrist and then control his wrist so he can't move it. Then you can swing your leg around into a triangle because you trapping his hand inside.

(ii) Finish Submission

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

(iii) 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.

(iv) 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.

(v) ReGuard

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

If you cannot 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.

(vi) 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.

(vii) 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.

(viii) 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 legs ankle and then squeeze your knees together.

(ix) 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.

(x) ReGuard

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

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.

(c) Opponent Defends By Stacking

Another common defend to the guillotine is for your opponent to stack into you and press his shoulder into your neck. Making it much harder for you to finish the guillotine and making it very uncomfortable for you.

(i) Underhook/Elevator Sweep

When he does this you may have the ability to take your arm that is around your opponents and get an underhook under his arm. You will let go of his neck with your arm and get an underhook on that side which will cause your opponent's head to be trapped under your shoulder. Then you take your same side foot and hook the inside of his thigh and swim him over by driving up with your foot and flipping him over with your arm that has the underhook.

(ii) To Mount

First option is to establish the mount position.

(iii) To Neck Crank (If Allowed)

Second option if it's allowed in your school or in your competition division is to get the crucifix neck crank.

(iv) Finish Submission

From there you will finish your opponent with the neck crank.

(2) Arm Drag

Option number 2 would be to take your arm that does not have the overhook and place your hand on the inside of your opponent's tricep of the arm that you have overhooked. As his arm is starting to slip out then you will quickly arm drag him.

(a) To The Back

You have a very big chance of getting his back from here.

(b) Sweep To Closed Guard Top

He may scramble to his butt and quickly get closed guard.

(c) Sweep to Open Guard Top

He may scramble to the bottom and get open guard.

(d) Sweep to Half Guard Top

He may scramble to the bottom and get half guard on the bottom.

(3) Oma Plata

Option number 3 would take advantage of his arm facing backwards and quickly transition into an oma plata.

(a) Finish Submission

From the oma plata the first option would be to try and finish the submission.

(b) Opponent Rolls Forward

The most common escape from an oma plata is for your opponent to roll forward to get out. Many times they will try to spin to the guard as the roll so they don't end up in a bad position.

(i) Let Them Roll

Your best bet is to let them roll, but make sure you block their hips and their near leg so they don't spin into the guard.

(a) To Side Mount

First option when they roll would be to block their hip and near leg so you get them into side control.

(b) Opponent Spins to Guard

Your opponent may time it right and get the guard.

(i) Get in Closed Guard Top

From there you will then start working your guard passing.

b) Rubberband Triangle

When you have your opponent in this position with your shin placing pressure on his arm, many times your opponent will try to pull his arm away. As he is trying to pull his arm away a good thing to do is to just let go of his arm. This will cause his arm to fling backwards kind of having a rubberband effect. As his arm flings backwards it will open him up to a triangle choke.

(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

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

If you cannot 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.

(i) 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 legs ankle and then squeeze your knees together.

(ii) 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.

(iii) ReGuard

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

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.

c) Pin to Chest Triangle

See also: [Finish Submission](#), [Opponent Defends with Posture](#), [Opponent Defends with Leaning Escape](#)

Sometimes when people are caught in the overhook position with their other arm controlled with your shin, they refuse to try and pull their arm away because they don't want it to fling back so you can set them up

for a triangle. What they do is they keep their arm and body close. When they do this all you will do is straighten your leg of the leg that was control his arm and at the same time pin his wrist to his chest. This will bring his arm in close and open him up for a triangle.

C. Underhook and Head Control

Position number 3 in no particular order is underhook control with head control.

1. Clamp Grip On One Side

From here you will have an underhook on one of your opponent's arms and then you will take your other arm and bring it all the way around to the same side of your underhook control and then you with that hand you just brought around you will clamp your hands together so now you have control of your opponent's shoulder on one side with both of your hands. You should have a lot of pressure placed down on shoulder and it's a good idea to get a gable grip with your hands.

a) *Arm Crush*

From the clamp grip you are set up so you can transition to an arm crush easily.

(1) *Opponent Turns Arm Backwards*

If your opponent turns his arm backwards for some reason when you go for the arm crush it will set himself up for certain attacks such as kimuras and oma platos. However this type of reaction is not very common.

(a) *Kimura*

If he turns his arm backwards he is open for kimura attacks.

(i) *Finish Submission*

The first thing you want to focus on is finishing the kimura.

(ii) *Opponent Extends Back*

A common reaction is for your opponent to extend his body back to defend the kimura to make it harder for you to fall back into it and finish it.

(a) *Hip Bump*

When he extends his body back he may leave himself open for a hip bump sweep.

(i) *To Mount*

From there you will sweep him into the mount position.

(b) *Guillotine*

Another option is to sit up and throw one of your arms around his neck into a guillotine.

(i) *Finish Submission*

First option is to finish the guillotine.

(ii) Opponent Grabs Wrist and Defends

A common way for your opponent to defend the guillotine is to grab your wrist that is around his neck and pull on it to relieve the pressure.

(iii) Transition Into Triangle

If your opponent defends the guillotine by grabbing your wrist and relieving the pressure then you can take your hand that is not around your wrist and then control his wrist so he can't move it. Then you can swing your leg around into a triangle because you trapping his hand inside.

(iv) Finish Submission

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

(v) 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.

(vi) 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.

(vii) ReGuard

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

If you cannot 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.

(viii) 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.

(ix) 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.

(x) 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 legs ankle and then squeeze your knees together.

(xi) 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.

(xii) ReGuard

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

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.

(xiii) Opponent Defends By Stacking

Another common defend to the guillotine is for your opponent to stack into you and press his shoulder into your neck. Making it much harder for you to finish the guillotine and making it very uncomfortable for you.

(xiv) Underhook/Elevator Sweep

When he does this you may have the ability to take your arm that is around your opponents and get an underhook under his arm. You will let go of his neck with your arm and get an underhook on that side which will cause your opponent's head to be trapped under your shoulder. Then you take your same side foot and hook the inside of his thigh and swim him over by driving up with your foot and flipping him over with your arm that has the underhook.

(xv) To Mount

First option is to establish the mount position.

(xvi) To Neck Crank (If Allowed)

Second option if it's allowed in your school or in your competition division is to get the crucifix neck crank.

(xvii) Finish Submission

From there you will finish your opponent with the neck crank.

(b) Oma Plata

Option number 2 if he turns his arm backwards is to transition to an oma plata.

(i) Finish Submission

From the oma plata the first option would be to try and finish the submission.

(ii) Opponent Rolls Forward

The most common escape from an oma plata is for your opponent to roll forward to get out. Many times they will try to spin to the guard as the roll so they don't end up in a bad position.

(a) Let Them Roll

Your best bet is to let them roll, but make sure you block their hips and their near leg so they don't spin into the guard.

(i) To Side Mount

First option when they roll would be to block their hip and near leg so you get them into side control.

(ii) Opponent Spins to Guard

You opponent may time it right and get the guard.

(iii) Get in Closed Guard Top

From there you will then start working your guard passing.

(2) Opponent Brings Arm In Front

The most common reaction to defend the arm crush position is for your opponent to turn his arm in front of your body.

(a) Get The Back

When he turns his arm in front of your body he then may expose his back and then you can quickly transition to the back mount position.

(b) Get Gift Wrap Position

Another option is to trap his arm in front of your body with your body on your side and then reach over with your opponent's neck and grab his wrist so not he will have his own arm wrapped around the front of his neck. Many people call this the Gift Wrap position or the Cobra hold position.

(i) Gift Wrap Flower Sweep

Once you obtain the gift wrap position you will then have a lot of leverage to go for a flower sweep on your opponent while you keep the gift wrap position.

(a) To Mount

From there you should obtain the mount position.

(ii) Gift Wrap Armbar

Another option is to keep the gift wrap position and feed your other arm on the inside of his arm switch to an armbar.

(a) Finish Submission

First step is to finish the armbar.

(b) Opponent Defends By Stacking

A common defense to the armbar is for your opponent to protect his arm and then stack into you.

(i) Roll to Belly Down Armbar

An option for when your opponent tries so stack you as you go for an armbar from the guard is to keep rolling through under your opponent so you can transition to a belly down armbar or sometimes it's more of an armbar on your side.

(ii) Finish Submission

The first scenario of transitioning into a belly down armbar is to finish it.

(iii) Roll Opponent Onto Their Back

If you are having trouble finishing the belly down armbar/side armbar then you can try to roll your opponent so you have a regular top armbar. You can do this by either grabbing his near leg and throwing him over onto his back as you keep the armbar, or you can place a lot of pressure on his face with your leg and then drive him onto his back backwards.

(iv) Go For Top Armbar

After you roll your opponent onto his back then go for the armbar from the top.

(v) Finish Submission

Your best option here is to finish the armbar.

(vi) Opponent Defends

If you are unable to finish the belly down armbar because your opponent is defending really well. It may be your best bet to scramble back into the guard and restart your attack sequence.

(vii) Scramble Back to Guard

(viii) Flower Sweep

Another option for when your opponent stacks you is to hook his leg with your inside arm and switch to a flower sweep. This is an effective combination because you already have your opponent's arm trapped which makes it harder for him to post out and defend the sweep.

(ix) To Mount

If you successfully execute the sweep you should end up in the mount position on top.

(x) Opponent Posts

If for some reason you can't get the sweep off because your opponent posts out with his other hand, that lots of times leaves him open once again for the armbar.

(xi) Armbar

Go for the armbar if your opponent posts with his other hand to defend the flower sweep.

(xii) Finish Submission

First option would be to finish the armbar.

(xiii) Flower Sweep

See also: [Flower Sweep](#)

If you can't finish the armbar, you can also go right back to the flower sweep. The flower sweep and armbar from the guard are very closely linked and make a great combination.

(xiv) ReGuard

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

If all else fails it may be a good idea to regroup and go back to the guard so you can set up your attacks once again.

(c) Opponent Yanks Arm Out

While it's not 100% recommended to do this, many people just try to pull their arm out. When they yank their arm out from being armbarred, that usually leaves their other arm in between your legs setting you up for a triangle or oma plata.

(i) Triangle

Option number 1 would be to go for a triangle if your opponent yanks his arm out.

(ii) Finish Submission

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

(iii) 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.

(iv) 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.

(v) ReGuard

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

If you cannot 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.

(vi) 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.

(vii) 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.

(viii) 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 legs ankle and then squeeze your knees together.

(ix) 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.

(x) ReGuard

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

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) Oma Plata

Option number 2 would be to switch to an oma plata if your opponent yanks his arm out.

(xii) Finish Submission

Option number 1 when attempting a submission is to always try to finish the submission first because that is the objective in the first place.

(xiii) Opponent Rolls Forward

If you are unable to control your opponent it is very common for them to roll forward to escape you oma plata attempts.

(xiv) Let Them Roll

It is a good idea to let them roll if you're at the point where you can't control them because you should most likely end up on top in a dominate position.

(xv) To Side Mount

If you block their near leg and hip as they roll you should be able to end up on top in side control position.

(xvi) Opponent Spins to Guard

You opponent may be used to your control options as he rolls and he may spin his way into having the guard.

(xvii) Get in Closed Guard Top

From here you will be inside his closed guard and start to work your passing game.

(iii) Gift Wrap Rubberband Triangle

Many people once caught in the gift wrap position will post their free hand down on the mat. When they do this you can grab their wrist with your free hand and then place your shin on the inside of their elbow to control their arm. When they go to pull their arm away then you will let go of their wrist. Their arm should fling back and open them up for 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.

(i) 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.

(ii) ReGuard

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

If you cannot 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.

(i) 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.

(ii) 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 legs ankle and then squeeze your knees together.

(iii) 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.

(iv) ReGuard

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

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.

(iv) Gift Wrap Pin To Chest Triangle

See also: [Gift Wrap Rubberband Triangle](#)

If your opponent doesn't try to pull his wrist away then you can just straighten the leg out of the shin that was controlling his arm and pin his wrist to his chest. Then swing your leg around into a triangle.

(v) *Gift Wrap Push Elbow Through Triangle*

See also: [Gift Wrap Rubberband Triangle](#)

Sometimes you won't be able to get control of your opponent's free arm so what you can do is take your free hand and then push the elbow of his arm that is around his own neck right between your legs. Then it will open up for a triangle choke from there.

D. Overhook and Underhook

See also: [Underhook and Head Control](#), [Overhook and Head Control](#)

Position number 4 in no particular order is obtaining both an overhook and an underhook at the same time. This is a really good position because it gives you the option to use either overhook attacks or underhook attacks.

E. Arm Over Back With Shin Control

With this position you will have your opponent broken down close to you and then you'll take your left arm and bring it over your opponent's left shoulder. Your left arm should be on the left side of your opponent's head. Then you'll bring your left arm over your opponent's back and grab your left shin for extra control.

1. Tap Elbow Triangle

Many times your opponent will tuck his elbow in on the side of your free arm. When he does that you will wait a second and then time it so you smack his elbow close to him as you throw your leg over into a triangle at the same time. Don't grab his arm. Just tap his elbow inside.

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

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

If you cannot 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 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.

(a) 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 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

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

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.

IV. Opponent Tucks One of His Elbows In To Much

While you are supposed to keep your elbows in and protect your arms, many people tuck their elbows the wrong way or they tuck them in too much. This sets them up open for attacks.

A. Tap Elbow Triangle

Many times your opponent will tuck his elbow in too much while having another arm out. When he does this, you will wait a second and then time it so you smack his elbow close to him as you throw your leg over into a triangle at the same time. Don't grab his arm. Just tap his elbow inside.

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

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

If you cannot 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 legs 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

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

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.

V. Opponent Postures Back To Far

Some people make the mistake of posture back to far and also not stopping their opponent from sitting up as they posture back.

A. Hip Bump

When he extends his body back he may leave himself open for a hip bump sweep.

1. To Mount

From there you will sweep him into the mount position.

B. Guillotine

You can also sit up with them and then wrap your arm around the back of their neck as they are looking up to go for a guillotine. As you come back down remember to scoot your butt back so you open their chin up some more.

1. Finish Submission

First option is to finish the guillotine.

2. Opponent Grabs Wrist and Defends

A common way for your opponent to defend the guillotine is to grab your wrist that is around his neck and pull on it to relieve the pressure.

a) Transition Into Triangle

If your opponent defends the guillotine by grabbing your wrist and relieving the pressure then you can take your hand that is not around your wrist and then control his wrist so he can't move it. Then you can swing your leg around into a triangle because you trapping his hand inside.

(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

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

If you cannot 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.

(i) 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 legs ankle and then squeeze your knees together.

(ii) 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.

(iii) ReGuard

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

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.

3. Opponent Defends By Stacking

Another common defend to the guillotine is for your opponent to stack into you and press his shoulder into your neck. Making it much harder for you to finish the guillotine and making it very uncomfortable for you.

a) Underhook/Elevator Sweep

When he does this you may have the ability to take your arm that is around your opponents and get an underhook under his arm. You will let go of his neck with your arm and get an underhook on that side which will cause your opponent's head to be trapped under your shoulder. Then you take your same side foot and hook the inside of his thigh and swim him over by driving up with your foot and flipping him over with your arm that has the underhook.

(1) To Mount

First option is to establish the mount position.

(2) To Neck Crank (If Allowed)

Second option if it's allowed in your school or in your competition division is to get the crucifix neck crank.

(a) Finish Submission

From there you will finish your opponent with the neck crank.

C. Sit Up Grab Head

Many times when people posture back to far they mess up their ability to stop you from sitting up with them. If they do then just sit up and grab their head.

1. Break Posture

See also: [Break Opponents Posture Immediately](#)

After you grab their head then fall back and break their posture down.

VI. Opponent Postures With Head Up and Elbows In Strong Position

This is where your opponent has good posture. He has his body back, but not too far. His elbows are in the right place. And his head is up and not looking down at you.

A. Push Wrists and Place Feet In Hips

Grab both of his wrists place both your feet on your opponent's hips.

1. Push Opponent Away

At the same time as grabbing his wrist and placing your feet on his hips, you want to push your opponent away from you with your feet or push yourself away. You also want to push his wrist into his chest so he can't acquire double underhooks under your legs.

a) Transition to Butterfly

You can then transition to a butterfly guard.

b) Transition to Open Guard (Feet on Hips)

You can also transition to an open guard.

c) Opponent Charges Back

If your opponent pushed back into you after you push him away then you can pull him back into you and establish the closed guard again.

(1) Put Him Back In Closed Guard

From here you will work all of your closed guard set-ups.

VII. Opponent Postures With Head Up But Elbows Aren't In Strong Position

Sometimes your opponent may have good posture but his elbows and hands may not be positioned well enough.

A. Sit Up Grab Head

Sometimes when people posture back they don't place their elbows and hands in a position to stop you from sitting up with them. If this is the case, then just sit up and grab their head.

1. Break Posture

See also: [Break Opponents Posture Immediately](#)

After you grab their head then fall back and break their posture down.

B. Pull Elbows Out

Also if their elbows aren't positioned in a strong manner you can take both of your hands and grab behind each of their elbows. Then you will pull their elbows outward as you sit-up to then and drive your legs to your chest.

1. Break Posture

See also: [Break Opponents Posture Immediately](#)

This should make them fall close to you and break their posture. Then immediately control their head.

VIII. Opponent Reaches Past Your Head and Body

A. Octopus Guard

If your opponent reaches past your head and body you will then still have them in your guard but your body will be on the side of them with their back exposed.

1. Take the Back

Then you will have the opportunity to take their back.

IX. Opponent Postures Back But Is Looking Down

When your opponent postures back, but is looking down at you he makes it much easier for you to just reach up and grab his head.

A. Reach Up Grab Head

If he does this, reach up with one of your arms and grab the back of his head and pull him close to you.

1. Break Posture

See also: [Break Opponents Posture Immediately](#)

This should make them fall close to you and break their posture. Then immediately control their head.

X. Opponent Stands Up

Many times your opponent might stand up in your guard.

A. Hook Inside Leg

One option is to hook inside one of his legs with one of your arms.

1. Head Stand Sweep

From there you can do the headstand sweep.

a) To Mount

Then transition to the mount position.

B. Hook On Ankles

You can also hook the outside of his ankles with your hands.

1. Feet On Hips Sweep

One option is to quickly grab both of his ankles on the outside with both of your hands and then place your feet quickly in his hips and push his hips with your feet.

a) End Up in Closed Guard Top

Then sweep him so you're in his closed guard.

b) End Up in Open Guard Top

Then sweep him so you're in his open guard.

c) End Up in Half Guard Top

Then sweep him so you're in his half guard.

C. Transition to Open Guard

When your opponent stands up you can transition to open guard.

D. Transition to De La Riva Guard

When your opponent stands up you can transition to the de la riva guard.

E. Transition to X-Guard

When your opponent stands up you can transition to the x-guard.

F. Transition to Spider Guard

When your opponent stands up you can transition to the spider guard.