

FIGHTIN' STRONG PRODUCTIONS PRESENTS
A NEW SERIES ON HOW TO FIGHT FROM THE HALF GUARD

CHEAT SHEET

HOW TO BEAT LARGER OPPONENTS:

THE DEEP HALF-GUARD FORMULA

Learn and Apply The Step by Step Methods Of Fighting From The Half Guard.

JEFF GLOVER

BRAZILIAN JIU JITSU WORLD CHAMPION

JEFF GLOVER'S HALF GUARD FORMULA CHEAT SHEET

- I. The Three Main Deep Half Guard Sweeps**
 - A. Over the Falls**
 - 1. Get deep half guard
 - 2. Roll opponent over
 - B. Out The Back Door**
 - 1. Opponent resists your over the falls sweep by posting
 - 2. Go out the back door
 - C. Roll Up To Single**
 - 1. Opponent resists your back door move
 - 2. Go the other way to single leg or get back

- II. Half Guard When Opponent Mounts**
 - A. Opponent is in your half guard and tries to free his knee to mount
 - B. Underhook his leg that is mounting
 - C. Go in to the three main sweeps from there

- III. Half Guard Against Side Control**
 - A. Opponent has you in side control and swings his leg over to mount
 - B. Capture that leg swinging over and get deep half guard
 - C. Go in to the three main sweeps from there

- IV. Using Half Guard To Escape Mount**
 - A. Opponent is mounted on top of you
 - B. Trap his far leg at the ankle
 - C. Scoot your hips out and underhook his leg to get deep half guard
 - D. Go in to three main sweeps from there

- V. Half Guard Against Back Mount**
 - A. Opponent has you in back mount
 - B. Drop your shoulder to the ground and try to scoot out
 - C. He tries to mount on top of you
 - D. Underhook his leg to get deep half guard
 - E. Go in to the three main sweeps from there

- VI. Half Guard From Model Guard**
 - A. Opponent passes your guard
 - B. You go to model guard
 - C. When he swings his leg over to mount trap his leg and go in to deep half guard
 - D. Go in to the three main sweeps from there

- VII. Killer Deep Half Guard 50-50 Combo**
 - A. Lift his leg and leg weave to reverse heel hook

- VIII. Half Guard Against Standing Opponent**
 - A. Opponent stand up in your half guard
 - B. Switch to X guard, stand up in base to sweep

- IX. Deep Half Guard to X Guard Transition**
 - A. From deep half guard, lift his leg with yours
 - B. Spin to X guard
 - C. Stand up in base sweep

- X. Knee Bar from Deep Half Guard**
 - A. Hug his knee and do a leg extension to knee bar

- XI. Weird Heel Hook From Half Guard**
 - A. From deep half guard, heel hook him with your feet (see video for position)

- XII. Half Guard to De La Riva Guard**
 - A. Transition drill between the two guards

- XIII. Shooting In To Half Guard**
 - A. From kneeling position, slide in and underhook to get deep half guard

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