

Technique Block B

Closed Guard Bottom:

Muscle sweep when opponent stands

Omoplata sweep when opponent stands

Closed to open guard:

Opponent stands & about to open > Transition to Dariush Guard W/Foot on hip

Opponent about to open from sitting > leg lasso sider guard then Dariush guard

Dariush Guard Defense (from Dariush with DLR hook):

Opponent frees arm > Put foot back on bicep

Opponent steps over leg > Put Leg Lasso in (end in leg lasso half guard)

Dariush Guard Offense :

Omoplata sweep 101 from Dariush Guard, Dariush Guard with DLR hook and Dariush Guard with leg lasso

Triangle from Dariush Guard Dariush Guard with DLR hook and Dariush Guard with leg lasso

Omoplata to triangle

Sitting opponent knee out > kick out knee

Sitting opponent knee in > shin to shin flick to triangle

Leg Lasso Half Guard:

Arm drag to back

Leg lasso sweep to the side

Opponent tries to pass > invert and roll for omoplata

Opponent in "Side Control" with leg lasso > alternate between leg lasso sweep and getting to knees to make space until you can accomplish one of the previous techniques