

🌀 This technique works in combination with the Smash Pass on the preceding page.

▶ As Blue attempts to smash and pass, White stops him by pushing on his hip and shoulder.

▶ Maintaining his grip on White's lapel, and pulling himself forward, Blue slides his left knee over the top of White's right thigh, pressing his hips close in to White's hips and pressing his chest forward and downward.

▶ Blue reaches his left arm underneath White's neck and pulls himself downward chest to chest as he steps back over White's leg with his right leg, keeping his left foot hooked over the top of White's right thigh in order to maintain control of White's hips.

▶ Posting on the ball of his right foot, Blue steps his left leg underneath his right and squares his hips.

▶ Blue finishes by bringing his right knee up against White's left hip and into side control. Blue takes his right arm from between White's legs and uses it to help control.

