

UFC FAN EXPO

The Rubber Guard

Step One: Hold the opponent's head down as tight as possible with your left arm



Step Two: Shift your hips to the side, putting your left foot on your opponents right hip.



Step Three: As fast as possible, pull your left leg up with your right arm.



Step Four: Hold your opponents head down with your left leg and left arm, hooking his left armpit with your left hand tightly.



Step Five: Control your opponent's left wrist with your right hand and slide your right knee up.



Step Six: Clear your right foot around your opponent's left arm.



Step Seven: Grab a hold of your right ankle and begin to pull it across.



Step Eight: Pull your left ankle across your opponent's back for the triangle choke.



Step Nine: Pull your foot to tighten the triangle choke.



Step Ten: Don't worry about where your opponent's right arm is, just pull the head down as tight as possible. He WILL tap.

