

• GUARD PASSING • 10 POSITIONS

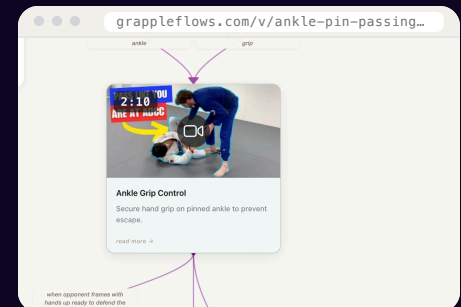
Ankle pin passing from wide guard.

Every reaction, mapped.

Ruotolo-style leg pin passing. A passing system using foot pinning on opponent's ankle to control wide guard and transition to various passes.

Position Action Reaction

▶ 1:48 Video in the app



On paper, the map.
In the app, the whole lesson.

Every ▶ step opens its video at the right moment, with the full notes behind every box. Free to open, no account needed.



SCAN FOR THE LIVE VERSION
GRAPPLEFLOWS.COM



Study notes: Ankle pin passing from wide guard

Numbers match the chart. Arrows list each branch and the reaction that triggers it. ► marks a step with video in the live version: grappleflows.com/v/ankle-pin-passing-system-from-wide-guard-21bdfc17z

01 ■ Wide Guard Recognition ► 0:11

- Identify opponent's wide leg positioning that makes traditional passes difficult.
 - Opponent keeps legs spread wide creating distance from hips
 - Legs extended outward making torreando passes require excessive walking
 - Flexible guard players maintain wide base even under pressure
- When wide legs make torreando passes require excessive walking around: **Side Shift Positioning** 02

02 ■ Side Shift Positioning ► 0:14

- Move laterally to isolate one leg and create angle for ankle pin.
 - Shift body weight to one side to focus on single leg
 - Create diagonal angle relative to opponent's center line
 - Maintain upright posture while moving laterally
- After shifting laterally to isolate one leg for cross foot pin: **Cross Foot Ankle Pin** 03
- When outside angle provides better control for same-side foot pin: **Outside Foot Ankle Pin** 04

03 ■ Cross Foot Ankle Pin ► 0:18

- Step cross foot onto opponent's ankle with toes pointed inward.
 - Right foot steps on opponent's left ankle (or vice versa)
 - Toes angled inward to maximize surface contact
 - Apply downward pressure through foot to pin ankle
- Once foot pins ankle allowing hand to secure grip on same ankle: **Ankle Grip Control** 05

04 ■ Outside Foot Ankle Pin ► 0:23

- Step same-side foot onto opponent's ankle from outside position.
 - Right foot steps on opponent's right ankle from outside
 - Foot placed directly on ankle bone for maximum control
 - Knee bent to maintain pressure while allowing mobility
- After establishing outside foot pin enabling opposite hand ankle grip: **Ankle Grip Control** 05

05 ■ Ankle Grip Control ► 2:10

- Secure hand grip on pinned ankle to prevent escape.
 - Right hand grips opponent's left ankle (cross foot variation)
 - Grip directly on ankle rather than pants for reliability
 - Maintain wrist alignment to prevent grip breaking
- When opponent frames with hands up ready to defend the pass entry: **Wrist Control Setup** 06
- If opponent keeps knee tight creating opportunity for knee slice entry: **Knee Slice Setup** 07
- When quick transition needed to prevent opponent's 50/50 entry attempts: **Knee on Belly Transition** 08

06 ■ Wrist Control Setup ► 2:38

- Capture opponent's wrist to prevent defensive framing during pass.
 - Left hand grabs opponent's right wrist as they frame up
 - Control wrist while maintaining ankle pin with foot
 - Create angle that prevents effective push defense
- With wrist controlled preventing effective push defense during long step: **Long Step Pass Entry** 09

07 ■ Knee Slice Setup ► 3:42

- Transition to knee slice position from ankle pin control.
 - Step inside foot forward between opponent's legs
 - Use shin to open opponent's leg downward
 - Knee positioned to crowd out opponent's defensive knee
- Once knee slice creates opening to drive chest into opponent's torso: **Flat Position Finish** 10

08 ■ Knee on Belly Transition ► 3:16

- Quick step to knee on belly from ankle pin position.
 - Step directly into knee on belly position
 - Shin applies downward pressure to open opponent's leg
 - Prevent 50/50 entry by controlling leg angle
- When knee on belly control allows transition to full chest pressure: **Flat Position Finish** 10

09 ■ Long Step Pass Entry ► 2:43

- Execute long step pass using ankle pin as base control.
 - Step trailing leg around opponent's controlled leg
 - Use palm on shin to center opponent as you step
 - Maintain chest orientation toward opponent during rotation
- After stepping around controlled leg to achieve chest-to-chest position: **Flat Position Finish** 10

10 ■ Flat Position Finish ► 2:48

- Complete pass by achieving chest-to-chest control on flattened opponent.
- Drive chest into opponent's torso to flatten their position
- Maintain hip pressure to prevent bridging escapes
- Control both shoulders to limit rotational movement