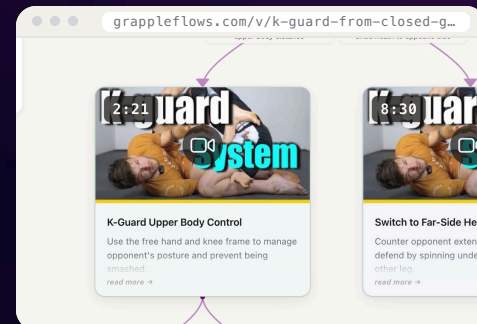


• CLOSED GUARD • 8 POSITIONS

K-guard from closed guard. Every reaction, mapped.

A system for entering K-Guard from closed guard, establishing control, and transitioning to triangles, armbars, and leg entries based on opponent reactions.

■ Action
 ■ Reaction
 ■ Submission
 ▶ 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: K-guard from closed 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/k-guard-from-closed-guard-entries-and-upper-body-submissions-5fa67db3z

01 ■ Closed Guard Setup ► 0:49

- Establish closed guard and create conditions for K-Guard entry by manipulating opponent's posture.
- Use upper body threats like guillotines or armbars to encourage opponent to posture up
- Elevate hips high on opponent's hip to create space for leg entry
- Knees squeeze opponent's floating ribs to pull their weight forward
- When opponent postures up or leans forward, creating space for knee insertion: **Basic K-Guard Entry** 02

02 ■ Basic K-Guard Entry ► 1:17

- Insert the knee inside the guard to establish the foundational K-Guard control structure.
- Drive knee inside guard until foot hooks opponent's hip and knee touches mat
- Close-side arm controls back of opponent's knee to trap their leg
- Far-side knee frames high under opponent's armpit to manage upper body distance
- To prevent being smashed, using free hand to frame and manage upper body distance: **K-Guard Upper Body Control** 03
- If opponent extends leg to block initial K-Guard entry, spin underneath to opposite side: **Switch to Far-Side Heel Hook** 04

03 ■ K-Guard Upper Body Control ► 2:21

- Use the free hand and knee frame to manage opponent's posture and prevent being smashed.
- Forearm frames against opponent's chest or crossface attempt
- Free hand can post on lat to pull opponent down or push them away
- Knee frame maintains space, preventing opponent from settling weight
- If opponent applies crossface pressure, control tricep and circle leg to break it: **Triangle Setup from Crossface** 05
- When opponent grabs your secondary foot to defend leg entries, exposing their arm: **Armbar from Leg Control** 06

04 ■ Switch to Far-Side Heel Hook ► 8:30

- Counter opponent extending their leg to defend by spinning underneath to attack the other leg.
- As opponent extends leg to block initial entry, remove your inside hook
- Spin underneath their body to establish K-Guard on the opposite side
- Frame opponent over and secure inside heel hook on the newly exposed leg

05 ■ Triangle Setup from Crossface ► 5:10

- Counter opponent's crossface pressure by circling the leg out and attacking the neck.
- Maintain control of opponent's tricep or armpit on the crossfacing side
- Circle the far-side leg outward, breaking the crossface pressure
- Pull knee towards opponent's face to create angle for leg over shoulder
- After breaking crossface, switch grip to elbow and drag it across for standard triangle: **Standard Triangle Finish** 07
- Maintaining armpit control, lift hips high to finish with an inverted triangle: **Inverted Triangle Finish** 08

06 ■ Armbar from Leg Control ► 6:52

- Attack when opponent defends leg locks by grabbing your secondary foot, exposing their arm.
- Grab opponent's wrist as they control your far-side foot
- Kick leg loose to break their grip and create space
- Shoot over the controlled arm, using K-Guard frame to prevent underhook passes

07 ■ Standard Triangle Finish ► 6:12

- Complete the triangle by switching grips and locking the figure-four around the neck and arm.
- Switch grip to control opponent's elbow as you bring leg across
- Drag elbow across body while swinging leg over to secure position
- Lock figure-four and adjust angle by bringing hips up to finish

08 ■ Inverted Triangle Finish ► 6:22

- An alternative finish where you lift the hips to apply a tighter, more inverted triangle.
- Keep control of opponent's armpit instead of switching to elbow grip
- Lift hips high to bring them to the level of opponent's neck
- Reach in with leg and squeeze knees together to finish the choke