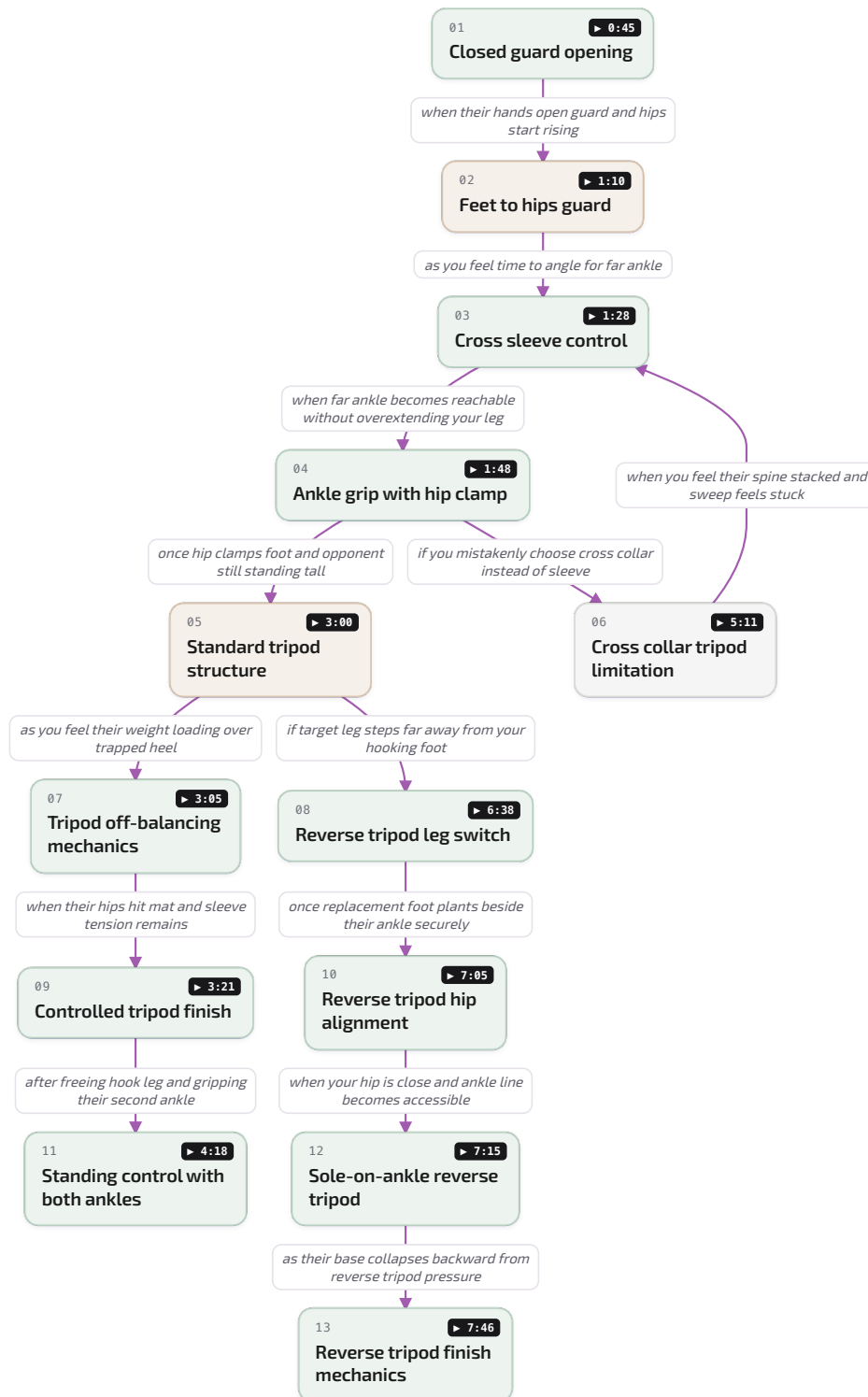


• OPEN GUARD • 13 POSITIONS

Tripod and reverse tripod sweeps.

Every reaction, mapped.

Standing-open guard tripod and reverse tripod sweeps with finishing mechanics and common error fixes.



Position Action 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: Tripod and reverse tripod sweeps

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/tripod-and-reverse-tripod-sweep-system-4038590bz

01 ■ Closed guard opening ▶ 0:45

- Closed guard moment when opponent stands to open and initial sleeve grips are established.
 - As opponent posts both feet, keep knees tight and follow their hip line upward.
 - Secure at least one sleeve with fingers curling deep and elbows close to ribs to prevent easy strip.
 - If possible, establish double sleeve control with wrists aligned under their shoulders to limit posture changes.
- When their hands open guard and hips start rising: **Feet to hips guard** 02

02 ■ Feet to hips guard ▶ 1:10

- Open guard transition with both feet placed on the hips to manage distance and posture.
 - As guard opens, immediately slide both feet to their hip bones with toes turned slightly outward for lateral control.
 - Keep your hips slightly off the mat and knees bent so heels can actively push their pelvis backward.
 - Maintain sleeve grips close to your chest so their arms stay extended and cannot easily reach your legs.
- As you feel time to angle for far ankle: **Cross sleeve control** 03

03 ■ Cross sleeve control ▶ 1:28

- Angle-adjusted open guard where you convert double sleeves to a strong cross-sleeve control for tripod entries.
 - From double sleeves, bring both hands to one wrist two-on-one, pinning their elbow slightly across your centerline.
 - Scoot your hips a few inches to the sleeve side so their controlled arm crosses your body and exposes the far ankle.
 - Rotate your shoulders so your sternum faces the controlled arm while keeping your knees framing their hips for balance.
- When far ankle becomes reachable without overextending your leg: **Ankle grip with hip clamp** 04

04 ■ Ankle grip with hip clamp ▶ 1:48

- Tripod entry where you secure the ankle and slide your hip directly over their foot to block kicks.
 - Reach to the standing leg and grip low on the heel with your fingers wrapping under the Achilles and thumb on the outside of the ankle bone.
 - Scoot your hips so your near-side hip bone lands directly on top of or flush against their instep, closing the gap around their foot completely.
 - Square your hips so your belt line faces both their toes and knees, preventing their foot from rotating outward to slip your grip.
- Once hip clamps foot and opponent still standing tall: **Standard tripod structure** 05
- If you mistakenly choose cross collar instead of sleeve: **Cross collar tripod limitation** 06

05 ■ Standard tripod structure ▶ 3:00

- Classic tripod sweep configuration with one foot hooking behind the heel and the other pushing the hip for a push-pull off-balance.
 - Slide your far-side foot off their hip and thread your heel behind the same-side ankle, flexing toes upward to clamp just above their heel bone.
 - Keep the opposite foot firmly planted on their far hip with your knee outside their shoulder line to create a strong pushing angle backward and slightly upward.
 - Maintain cross-sleeve tension by pulling their wrist toward your hip while your ankle hook curls their heel forward to unweight their base leg.
- As you feel their weight loading over trapped heel: **Tripod off-balancing mechanics** 07
- If target leg steps far away from your hooking foot: **Reverse tripod leg switch** 08

06 ■ Cross collar tripod limitation ▶ 5:11

- Tripod attempt where a cross-collar grip fixes their head and blocks effective backward off-balancing.
 - When gripping the cross collar, your forearm pins their sternum and anchors their head over their hips, reducing their ability to tilt backward over their heels during the sweep attempt.
 - As you push with your hip foot, the collar grip keeps their spine vertical, so feel how their weight stacks through your shin instead of tipping, indicating you should switch back to a cross-sleeve configuration.
- When you feel their spine stacked and sweep feels stuck: **Cross sleeve control** 03

07 ■ Tripod off-balancing mechanics ▶ 3:05

- Dynamic push-pull action that lifts their hips slightly before directing them straight backward to the mat.
 - Synchronize a sharp pull on the cross sleeve toward your chest with your heel hook dragging their ankle forward to momentarily float their hips over their heels.
 - As their hips lighten, extend your hip-posting foot straight through their belt line, projecting their weight diagonally backward rather than purely sideways or downward.
 - Keep your own head slightly off the mat and chin tucked so your spine can follow them up, staying attached as they fall.
- When their hips hit mat and sleeve tension remains: **Controlled tripod finish** 09

08 ■ Reverse tripod leg switch ▶ 6:38

- Alternative tripod configuration where you switch your hooking leg when their original leg is too far or steps away.
 - When their near leg is too far to hook without fully straightening your knee, slide your hip-posting foot down to the mat beside their ankle, planting your sole close to their heel instead of overreaching in the air.
 - Once that replacement foot is anchored near their ankle, withdraw the original hooking leg and re-chamber it to the opposite side so your knees stay bent and strong under your hips.
- Once replacement foot plants beside their ankle securely: **Reverse tripod hip alignment** 10

09 ■ Controlled tripod finish ▶ 3:21

- Post-sweep configuration where you stay on your elbow, control both legs, and free your trapped leg before standing.
 - As they land, stay on your near-side elbow instead of posting your hands, keeping the original ankle grip glued to your hip line to pin their bottom leg.
 - Immediately reach your free hand to scoop behind their other ankle or pant cuff, lifting their second leg so both knees point toward the ceiling and cannot post to stand.
 - Withdraw the leg that was hooking by sliding your knee backward to the mat before you drive that knee underneath you to build a stable base for passing.
- After freeing hook leg and gripping their second ankle: **Standing control with both ankles** 11

10 ■ Reverse tripod hip alignment ▶ 7:05

- Reverse tripod setup where you bring your hip close to the new foot target to maintain clamp and leverage.
 - Scoot your hips laterally until your near-side hip bone is almost touching the outside of their new target foot, keeping your lower ribs facing their shin to trap the ankle between your thigh and torso angle.
 - Keep your non-switching foot firmly on their hip, but angle that knee slightly across their centerline so your push now drives their weight over the leg you are about to attack in reverse.
- When your hip is close and ankle line becomes accessible: **Sole-on-ankle reverse tripod** 12

11 ■ Standing control with both ankles ▶ 4:18

- After the sweep, you stand while lifting both of their ankles to prevent their technical stand-up.
- Keep both of their heels elevated off the mat by curling your elbows to your ribs as you rise, so their knees stay bent and feet cannot post under their hips.
- Drive your own hips forward over their shins as you establish a squat or staggered stance, aligning your knees outside their legs to begin passing pressure.
- Keep your head slightly over the center of their belt line so your weight pins their thighs while still allowing you to step around either side.

12 ■ Sole-on-ankle reverse tripod ▶ 7:15

- Reverse tripod sweeping structure using the sole of your foot on their ankle like a gripping hand.
 - Place the sole of your attacking foot directly on the back or side of their ankle joint, curling your toes around the bone so your foot clamps rather than just pushing with the arch.
 - As they try to step that foot over your leg, pivot your knee and ankle together to follow the movement, keeping the sole glued to their ankle so their base continues to slide instead of clearing your hook.
 - Coordinate a strong hip push with your opposite foot on their pelvis while your sole drags their ankle out from under them, directing their fall diagonally backward toward the trapped leg side.
- As their base collapses backward from reverse tripod pressure: **Reverse tripod finish mechanics** 13

13 ■ Reverse tripod finish mechanics ▶ 7:46

- Finishing sequence for the reverse tripod where you free your leg and stand while keeping both ankles elevated.
- After they fall, immediately remove the foot that was on their hip by retracting your knee toward your chest, then plant that foot behind you to create a base before fully sitting up.
- Transfer your free hand to control their second ankle, lifting both heels off the mat as you rise so their hips cannot follow you into a scramble or technical stand-up.
- Keep your chest leaning slightly over their knees while you widen your stance, using downward shin pressure on their thighs to stabilize before initiating your preferred passing sequence.