Lay flat on back, feet go to both shoulders. (Don’t put feet into the hips or knees)

Open Guard with just the lapel

Opponent tries to push feet left/right
- Apply counterforce in opposite direction, into the lapel.

Opponent tries to push feet down
- Opponent goes inside lapel pocket, apply hamstring curl.

Opponent tries to push feet up
- Heel goes inside lapel pocket, apply hamstring curl.

Lasso the lapel.

Chapter 10: Lapel Lasso System

Both people are standing
- Tiger Claw swipe, grab lapel

Playing guard with no lapel
- Tiger Claw swipe with foot to open lapel

Chapter 8: Gubber Guard System

Playing guard with no lapel
- Tiger Claw swipe with foot to open lapel

Recovered guard successfully

Chapter 6: Golden Guard System

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