

# **Build an Impenetrable Defense: Learn the Essential Building Blocks for any good Guard Game in Jiu-Jitsu**

**From a Black Belt**

**As a BJJ practitioner (and especially a white belt), it is necessary that you do not get lost in the vast amount of information there is online.**

**There are a million ways to play guard**

**And the Collar Sleeve is the most important foundational guard to understand in Jiu-Jitsu.**

**I have made a course designated to teach you how to master it.**

**In this course, you will :**

**-Delve into the core principles of control**

**-Unlock the secrets of distance management and control with the foot on hip inside and outside position**

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**-Discover the art of deception and fluidity with the De La Riva hook control**

**-The secret to unleashing devastating submissions with the Far Side Collar Sleeve**

**And much more..**

**Sign up to claim your free preview of the Modern Collar Sleeve System and develop an unbreakable guard: [enter email here](#)**

