

Jason Rau - Dynamic No Gi 50 50

Develop A Dynamic 50/50 Guard With The Ability To Take On Modern Guard Passers As Well As Rock Solid Defense Against The 50/50 With Jason Rau, One Of The Most Technical No-Gi Grapplers On Earth!

- Jason Rau is a black belt under Matt Serra and has trained with many Renzo Gracie Academy black belts including John Danaher!
- This series is dedicated to all aspects of the no-gi 50/50 guard including dealing with different stances, attacking with sweeps, securing submissions, and even how to defend the 50/50!
- Along with his top-tier competition accolades, Jason is an excellent instructor with the ability to take complex concepts and make them useable for grapplers of ALL levels.
- Jason dedicates a large section of the instructional to one of the most powerful moves in combat, the heel hook!
- Learn to secure the heel hook from a variety of situations and scenarios with a systematic approach for following the heel and securing the submission.
- Rau includes both basic and advanced techniques for people who are new to the 50/50, one of the most powerful guards in Jiu-Jitsu!
- Unlock The Full Potential Of Your 50/50 Guard With Jason Rau And His 4-Part Series Dedicated To All Aspects Of The No-Gi 50/50!

So, What Exactly Do You Get?

PART 1

- **INTRO**

50/50 DOUBLE SEATED – BASIC OFFENSE/DEFENSE

- **INTRODUCTION TO POSITION/GENERAL GOALS/ORDER OF PRIORITY**
- **FOOT SEPARATION – UNDERCROSS/ARCH GRIP**
- **FOOT SEPARATION – INSIDE GRIP/ARCH GRIP**
- **FOOT SEPARATION – THUMB DOWN/C GRIP LOWER CALF**
- **HEEL SLIPPING – FIGHTING THE HANDS**
- **HEEL SLIPPING – SECONDARY FOOT/FORCING OPPONENT TO A SHOULDER**
- **HIDING YOUR HEEL – LACES DOWN AND SPINNING/COMING TO A KNEE**
- **FINISHING MECHANICS – PROPER HEEL BITE/LEG POSITIONING**

PART 2

50/50 DOUBLE SEATED – ADVANCED OFFENSE/DEFENSE

- BACKSIDE 50/50 PRINCIPALS – FINISHING AND FOLLOWING
- BACKSIDE 50/50 DEFENSE – BACK STEPPING AND PROTECTING YOUR KNEE
- FOLLOWING THE HEEL – SHOULDER ROLL
- FOLLOWING THE HEEL – INVERSION
- FOLLOWING THE HEEL – OUTSIDE SPIN TO BACKSIDE 50/50
- FOLLOWING THE HEEL – OUTSIDE SPIN TO KNEEBAR
- FOLLOWING THE HEEL – BACK STEP TO STOMP BOLO
- FOLLOWING THE HEEL – INSIDE HEIST TO STOP THE ROLL
- ADVANCED HAND FIGHTING TACTICS – CREATING SEPARATION TO FINISH
- ADVANCED DEFENSE – CLEARING FEET TO COME FORWARD/HEEL SLIP
- GETTING INSIDE KNEE POSITION FIRST – HEISTING

PART 3

OPPONENT ON A KNEE/STANDING IN 50/50

- GENERAL POSITIONING – WAYS TO GRIP/LOCK LEGS
- GENERAL POSITIONING – INSDIE VS OUTSIDE SPIN/ INSIDE SPIN TO BACKSIDE 50/50
- OUTSIDE SPIN TO BACKSIDE 50/50/KNEEBAR
- TRANSITIONING TO 70/30
- DEALING WITH BACK TAKE

PART 4

KNEELING/STANDING IN 50/50

- GENERAL POSITIONING – AVOIDING INSIDE/OUTSIDE SPINS
- BACK STEPPING TO INSIDE HEEL HOOK
- SPINNING TO TOP SIDE SADDLE/BACK TAKE
- STOMP BOLO (ROUTOLO BACK TAKE)
- EXTRACTING YOUR LEG
- OUTRO