

Phil “Jiu-Jitsu Matrix” Migliarese is a second degree black belt under Relson Gracie. Phil is also a master yoga instructor, owner of Balance Studios (BalanceStudios.net) in Philadelphia, and head of the Team Balance International Network. Phil has been practicing BJJ and MMA for nearly twenty years and is a coach to multiple BJJ World Champions and UFC fighters. The “yoga hook” is one of many moves that Phil is easily able to maneuver with his extreme flexibility. Phil has innovated a unique DVD program called, *The Yoga For Fighters System* (YogaForFighters.com). This is an easy to learn sequence for fighters who want to develop strength and flexibility specifically for BJJ and MMA.

For more free techniques, join Phil’s JiuJitsuMatrix.com Internet Show.

Yoga Hook with a Lift



1 Frank is in the turtle position. Phil has his far arm and head locked. (Yoga Hook set up position).



2 Phil brings his right foot on top of his knee and pushes Frank's arms out with his toes.



3 Phil then plants his feet...



4 ...and lifts Frank extending his body.



5 This leaves Frank's left side open for Phil's hook to come in.



6 Phil can now take Frank to his side.

LESSON 299

YOGA HOOK WITH A LIFT



BALANCE STUDIOS



7 And sink in the rear naked choke.



BALANCE STUDIOS

Yoga Hook to Body Triangle

LESSON 300

YOGA HOOK TO BODY TRIANGLE



1 Set up Yoga Hook position.



2 Phil brings his right leg under Frank and grips it with his left hand (Yoga Hook).



3 Phil then starts to break Frank's base down.



4 Now Phil can roll Frank to his side.



5 Phil keeps his left hand on his right ankle and moves his right arm around Frank's neck.



6 Now Phil can figure 4 Frank's body and apply the rear naked choke.

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Yoga Hook to Inverted Triangle



Phil is in the set up Yoga Hook position.



Frank does a push up.



Phil takes his right leg and wraps it over Frank's right arm and then grabs his ankle with his free left hand (Yoga Hook).



Now Phil can break down Frank's base.



Phil then rolls Frank to his side.



Phil sits up and posts with his right hand maintaining his hold on his ankle.



Phil then brings his left leg over his right ankle putting Frank in a triangle. Phil lifts up Frank's right leg for extra pressure.



LESSON 301

YOGA HOOK TO INVERTED TRIANGLE

Balance Jiu Jitsu

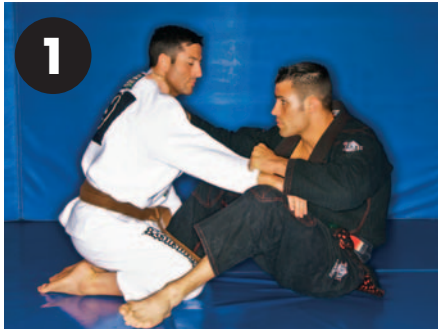
Ricardo “The Animal” Migliarese is a first degree black belt under Relson Gracie. Rick is a World, Pan Am, and Grapplers Quest Champion, owner of Balance Studios (BalanceStudios.net) in Philadelphia, and head of the Team Balance International Network, and coach to multiple BJJ World Champions and UFC fighters. Rick created the “Broken Butterfly” position as a result of knee surgery. This unorthodox position was designed to protect Rick’s leg, but it has grown into an effective way of attacking and sweeping from the guard.

For more free techniques, join the JiuJitsuMatrix.com Internet Show.

Broken Butterfly Sweep

LESSON 312

BROKEN BUTTERFLY SWEEP



1
Sitting up, Rick has his right foot in between Frank’s legs with his left foot out. He also has a grip on Frank’s lapel and sleeve. (Broken Butterfly set up position).



2
Rick pulls Frank into him and loads Frank’s weight on top.



3
Rick lifts Frank with his guard leg to drop Frank off to the side and slide his left leg under.



4
Rick then extends his left leg...



5
...so he can pull himself under Frank. Notice how Rick is squeezing his knees together.



6
Rick hooks Frank’s right leg with his left arm.



7
Rick then posts his left leg and posts on his right elbow to turn into Frank.



8
Rick posts his right hand to posture up.



9
Now Rick can fully elevate Frank’s leg and finish the sweep.



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Broken Butterfly to Knee Bar



Rick is in the broken butterfly set up position.



Rick loads Frank into him.



Rick elevates Frank completely up with his guard leg.



While elevated, Rick spins Frank 90 degrees.



Rick brings his top leg down and his bottom leg up trapping Frank's leg.



Now Rick can finish the knee bar on his side.

LESSON 313

BROKEN BUTTERFLY TO KNEE BAR

Broken Butterfly to Choke

LESSON 314

BROKEN BUTTERFLY TO CHOKE



Rick has Frank in his broken butterfly set up.



Frank breaks Rick's grip on his right sleeve. Rick transitions to grabbing Rick's left sleeve.



Rick extends Frank's left arm and pushes with his right.



Rick falls to his back to a load position.



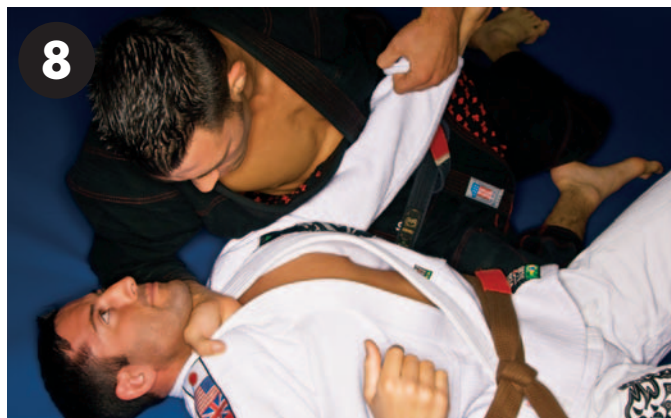
Rick elevates Frank's right leg...



...then pulls Frank's left leg in to keep Frank from posting that leg out.



Rick maintains his holds and comes up to a side mount.



Rick can finish the collar choke here. Lifting Frank's sleeve up while the right elbow presses down and slides above Frank's head.