the Split-the-Middle Position

critical position to master in order to finish leg attacks, especially as e prevalent. Two options are covered in the sequence below. In this r head up and maintain your balance with a wide and even base.

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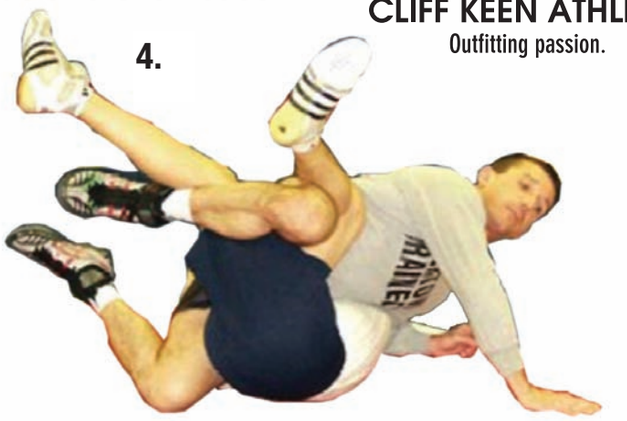
3.

3. Drop your inside shoulder to allow your opponent to slide off your shoulder to the mat The arm that you dropped to your side now goes across your opponent's upper body to prevent him from turning away. You should elevate the leg you are controlling, the one you reached across to secure the calf on previously.

4.

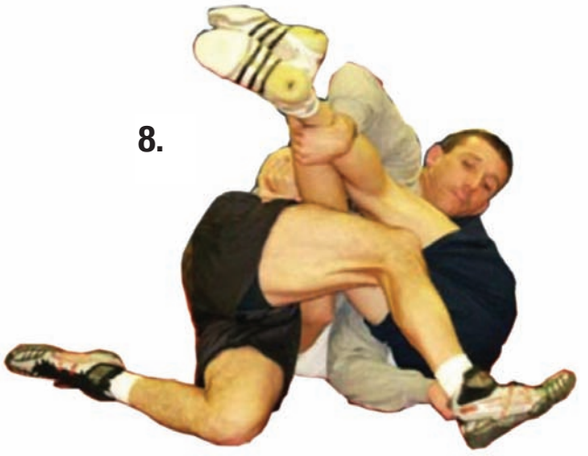


4. If your opponent turns away elevate the leg and look to secure back points. If he turns in to you secure a reverse Turk.

7.

7. After you have both of his legs secured on one side of your head, pull your opponent's legs down and across your body. Your opponent is now sideways and when you take him to the mat he will land on his side and should not be able to push off and roll you.

8.



8. You should take him slowly to his side with your shoulder in his stomach. You should keep his legs elevated. If done correctly this finish will negate the roll through and often times result in back points for you, especially if you can table his legs on your knee.