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## 4-0 SIDE CONTROL

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The Side Control is a great platform for attacks and positional transitions. Though y amount of pressure as in the Mount, it is equally dangerous when used by a strong, offe defend this position well, you have to learn the specific defensive hand and body positioni the variations of Side Control as well as the specific goals for the top player. Once you un on top needs to control you, or to progress his game, you will be better suited to adapt yc

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