

Technique: Shrimp Escape

Position: Side Mount

Overview

Against a much larger opponent, there is a good chance that you will find yourself on the bottom of the fight. If this happens, the safest thing to do is to get your opponent in your guard, because from there, you can neutralize punches and win the fight. If your opponent is able to get past your guard, you will need to use the Shrimp Escape to put them back where they belong. In this lesson you will learn three variations of the Shrimp Escape, starting with the Block & Shoot Variation.

Technical Slices

1. Block & Shoot Variation

- **Indicator:** Opponent passes your guard and attempts to establish the side mount
- **Essential Detail:** Shoot the legs into position immediately after the block
- **Most Common Mistake:** Inefficient removal of the inside leg after the initial shot
- **Bad Guy Reminder:** Don't post your insider hand on the ground (you might get kneed)
- **Core Principles:** Velocity (7) Momentum (21)
- **Drill Orders:** Distant kneeling side mount start, 1 rep, reverse roles

2. Shrimp & Shoot Variation

- **Indicator:** Opponent establishes the side mount
- **Essential Detail:** Effective frames and immediate guard shot after the shrimp
- **Most Common Mistake:** Shooting one leg at a time instead of both legs together
- **Core Principles:** Frame (10), Mobility (30)
- **Drill Orders:** Side mount start, 1 rep, reverse roles

3. Rider Variation

- **Indicator:** Opponent establishes the side mount and prevents your initial escape attempts
- **Essential Detail:** Conserve energy and establish punch-safe positioning
- **Most Common Mistake:** Trying to escape while the opponent is focusing on control
- **Bad Guy Reminder:** Control very tight for a few seconds then attempt to create space for a punch
- **Core Principles:** Clock (8), False Surrender (17), Tagalong (23)
- **Drill Orders:** Side mount start, 1 rep, reverse roles

4. Bonus: Half Guard Recovery

- **Indicator:** Opponent has established side mount but the Shrimp Escape doesn't work
- **Essential Detail:** Effective control of the opponent's inside leg
- **Most Common Mistake:** Failure to consider punch exposure during the escape
- **Bad Guy Reminder:** Change your leg behavior to force different variations
- **Core Principles:** River (9), Ratchet (26)
- **Drill Orders:** Side mount start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of the Shrimp Escape – Side Mount (L24) in combination with all variations of Headlock Escape 2 – Side Mount (L22)

Fight Simulation Drill

1. Double Leg Takedown – Standing – Conservative (L17)
2. Positional Control – Side Mount – Roll Prevention (L13)
3. Armbar – Mount – Standard Variation (L9)
4. Punch Block Series – Guard – Stages 1-2-4 (L8)
5. Shrimp Escape – Side Mount – Block & Shoot (L24)
6. Triangle Choke – Guard – Stage 1.5 Variation (L10)

Mindset Minute

You want to avoid getting trapped in the bottom of the side mount at all costs, but in the event you do get trapped, conserve energy and only escape when you're sure the opportunity is available. One of the most important principles of Gracie Jiu-Jitsu is to know when to relax and do nothing. Until you become a master at relaxing and waiting, you will have extreme difficulty any time you are faced with a more athletic opponent who has you trapped against your will.

Street Tip: Sand Concerns

Fighting on sand can be very forgiving, but it doesn't come without risks of its own. If your opponent gets desperate, there is a very high probability they'll try to use the sand to temporarily blind you. To avoid this, always know where their hands are, control the wrists whenever possible, and when you can't control the wrists, make sure your face is turned away from the free hand. If you get sand in your eyes, stay as close to the opponent as possible to minimize their striking potential while searching for your submission.