

**Technique: Shrimp Escape****Overview**

If the opponent is in your guard, the goal is to subdue him or get back to your feet. If he gets past your legs and approaches the side mount, all efforts should be dedicated to getting him back inside your guard. In this lesson, we will discuss three reliable methods for reestablishing the guard when the attacker gets around our legs, starting with the Block and Shoot Variation.

**Technical Slices****1. Block and 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, do not wait
- *Most Common Mistake:* Failure to shoot both legs at the same time.
- *Bad Guy Reminder:* Start from a distant side mount on your knees and dive in controllably.
- *Safety Tip:* Be careful not drive both knees when shooting, and potentially hitting your partner's ribs.
- *Drill Orders:* Start from distant side mount, 1 rep, reverse roles.

**2. Shrimp and Shoot Variation**

- *Indicator:* Opponent establishes side control.
- *Essential Detail:* Effective hip block and immediate shot after the quick shrimp.
- *Most Common Mistake:* Incorrect inside leg removal strategy – i.e. no “extend, post, and scoot”.
- *Bad Guy Reminder:* Start from a close side mount, and make sure partner uses a frame on your neck to accomplish distance.
- *Drill Orders:* Start from a close side mount, 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 until the escape opportunity arises.
- *Most Common Mistake:* Failure to control the distance effectively throughout the technique.
- *Bad Guy Reminder:* Control very tight for a few seconds then attempt to create distance or punch with the north hand.
- *Drill Orders:* Start from tight side mount, attempt to shrimp and fail, establish control, escape, reverse roles.

**Mindset Minute**

The guard is only valuable if we can get there! If we cannot immediately escape, focus on getting them to the guard from any position in the fight.