

**Technique:** Advanced Guard Get-ups**Overview**

If you don't have the time or space to execute the previously learned Guard Get-ups, the Advanced Guard Get-ups are exactly what you'll need. Although these variations take a bit longer to master, once you own them, your escape efficiency will skyrocket to another level. We'll begin with the Direct Get-up and then we'll discuss the Knee Shield and the Power Frame.

**Technical Slices**

## 1. Direct Get-up

- *Indicator:* Assailant is in your guard, and you don't have enough space to get up in the conventional manner.
- *Essential Detail:* Grab the same side arm and drag it across his body to the ground as a post to get up.
- *Most Common Mistake:* Turning the wrong direction during the arm drag.
- *Bonus Detail:* If his wrists are not accessible, post on his head for the get-up.
- *Drill Orders:* Start from the guard, one rep, reverse roles.

## 2. Knee Shield

- *Indicator:* Assailant is in your guard and you don't have space for a full shrimp.
- *Essential Detail:* Once the knee is firmly on his chest, you can open up your body to get the other foot on his hip.
- *Most Common Mistake:* Not keeping his wrist pinned to the ground during the get-up.
- *Bad Guy Reminder:* Make sure you are sitting up to pursue your partner from a postured knee position. If your knee is at an acute angle, this move will not work.
- *Bonus Detail:* If they are kneeling with one knee on the ground and one foot on the ground, go for the inside knee.
- *Safety Tip:* Use firm but not exaggerated pressure on the kick to the knee.
- *Drill Orders:* Start from the guard, one rep, reverse roles.

## 3. Power Frame

- *Indicator:* Assailant is in your guard and has full hip control with head down.
- *Essential Detail:* Once the frame is established, rotate and extend your arms to establish distance.
- *Most Common Mistake:* Grabbing the wrong wrist in the frame.
- *Bad Guy Reminder:* Start from a low position in the guard, controlling her hips from escaping.
- *Safety Tip:* Bad guy should turn their head to the side and tighten their neck for protection.
- *Drill Orders:* Start from a low, tight guard, use Power Frame to initiate Knee Shield variation, reverse roles.

**Reflex Development Drill**

Practice all 9 Guard Get-up techniques in combination with one another. Each of these can end in the standard get-up, or the direct get-up. Bad guy will present all the indicators in random order, then switch roles.

**Mindset Minute**

Congratulations, you made it!! Just because you have gone through all the lessons, does not mean you have them mastered yet. Go back and watch them again and again, and train those reflexes until they are sharp!