

**Technique: Guard Get-up Extras****Overview**

The greatest challenge when trapped beneath an attacker is to avoid panic and exhaustion. In Lesson 8, we introduced you to the basic Guard Get-up principles. In this lesson, we teach you additional variations of this critically important technique to ensure your survival against an attacker trying to punch, pin, or choke you.

**Technical Slices****1. Rider Variation**

- *Indicator:* Assailant is inside your guard and attempts to strike at your face.
- *Essential Detail:* From Stage 1, wait until he tries to sit up to create distance to make your escape.
- *Most Common Mistake:* Releasing control on his head too soon, and allowing him to strike on his “clock.”
- *Bad Guy Reminders:* Once they accomplish Stage 1 of PBS, push off the ground in an attempt to create distance.
- *Drill Orders:* Start from the guard, bring them into Stage 1, guard get-up, reverse roles.

**2. Heavy Chest Variation**

- *Indicator:* Assailant is driving his weight forward onto your body from within the guard.
- *Essential Detail:* Use your legs to shift his weight back.
- *Most Common Mistake:* Failure to establish strong hand wedges after the shift-back.
- *Bad Guy Reminder:* Lean your weight forward initially.
- *Drill Orders:* Start from Stage 1, 1 rep, reverse roles.

**3. Choke Variation**

- *Indicator:* Assailant uses both hands to strangle you from within your guard.
- *Essential Detail:* Establish your wedges and shrimp out immediately.
- *Most Common Mistake:* Trying to remove the hands from your neck prior to shrimping.
- *Bad Guy Reminder:* Squeeze gently.
- *Safety Tip:* Tighten your neck for extra protection.
- *Drill Orders:* Start with the choke from the guard, 1 rep, reverse roles.

**4. Wrist Pin Variation**

- *Indicator:* Assailant pins both of your wrists to the ground from within your guard.
- *Essential Detail:* Use your legs and drive his weight back to enable the crossover.
- *Most Common Mistake:* Failure to lock hands after the crossover.
- *Drill Orders:* Start from the guard with wrists pinned, 1 rep, reverse roles.

**Reflex Development Drill**

Practice all Guard Get-up techniques in random order. Don't forget to talk to the bad guy if your hips are immobilized from the guard. Bad guy, get creative with your attacks!

**Mindset Minute**

The most important questions to ask yourself at any point during a guard situation is: Are my hips free or trapped? If they are free, you should shrimp out and be gone. If they are trapped you should work to get them free. If freeing your hips isn't an option, use the “false surrender” to feign compliance and then make your escape as soon as the opportunity presents itself.