

**Technique: Elbow Escape****Overview**

If none of the Trap and Roll Escapes work, you can use this “emergency escape” to put the attacker in your guard. From there, you can use your guard techniques to conserve energy, and then escape or submit him when the opportunity arises. We’ll begin with the Standard Variation, and then we’ll discuss what to do when the standard option fails.

**Technical Slices****1. Standard Variation**

- *Indicator:* Assailant is too large or base conscious for the Trap and Roll Escape.
- *Essential Detail:* Flatten one leg and shove the knee with conviction.
- *Most Common Mistake:* Failure to maintain the body-hug with the back arm.
- *Bad Guy Reminder:* Stay rigid to facilitate execution initially.
- *Drill Orders:* Start from low, wide mount, 1 rep, reverse roles.

**2. Heel Drag Variation**

- *Indicator:* Assailants leg is too heavy for the Standard Variation.
- *Essential Detail:* Bite their ankle with your calf and use your hips for leverage.
- *Most Common Mistake:* Failure to use the hip twist for lifting leverage.
- *Bad Guy Reminder:* Start light and then increase the weight of your knee each time.
- *Drill Orders:* Start from a low mount with heavy knee, 1 rep, reverse roles.

**3. Face Down Variation**

- *Indicator:* You are face down and assailant is mounted on your hips.
- *Essential Detail:* Extend one arm, and rotate toward the posting arm to initiate the elbow escape.
- *Most Common Mistake:* Turning towards the wrong arm.
- *Drill Orders:* Start from face down mount, 1 rep, reverse roles.

**Reflex Development Drill**

Start from any (failed) variation of the trap and roll, transition into the elbow escape (either variation). From the guard, create one guard submission, go back to guard, and bad guy will present an indicator for any one of the guard get-up escapes. Continue to reverse roles until you have seen all trap and roll variations, all guard submissions that you know, and all guard get-ups that you know.

**Mindset Minute**

Although it may seem counterintuitive to intentionally put the assailant inside your guard, it actually makes complete sense once you think about the possibilities. From the guard, you have MUCH greater punch protection and you free your hips to allow all your Guard Get-up strategies along with an array of submissions that aren’t possible from the bottom of the mount.