

Technique: Guard Get-up**Overview**

The Guard Get-up is one of the most important physical techniques in the course. The ultimate goal for most sexual predators is to get inside their targets' legs. Should you find yourself in this worst-case scenario, the Guard Get-up will enable you to remain calm, so you can identify the escape opportunity as soon as it presents itself.

Technical Slices**1. Shrimp Drill (Preparation Drill)**

- Essential Detail: Post on one foot and the opposite shoulder.
- Most Common Mistake: Failure to turn sideways during shrimp motion.
- Drill Orders: 3-5 solo shrimps on each side, reverse roles.

2. Kick Drill (Preparation Drill)

- Essential Detail: Drive your entire body forward during each kick.
- Most Common Mistake: Kicking with your hips on the ground.
- Bad Guy Reminder: Verify correctness of your partner's movement.
- Safety Tip: Bad guy should keep target hands away from their face to avoid injury.
- Drill Orders: 5-7 kicks while scooting back, reverse roles.

3. Ninja Get-up

- Essential Detail: Place both hands behind you and land in a strong base.
- Most Common Mistake: Landing with feet together.
- Drill Orders: 5-7 ninja get-ups, or until you feel comfortable with the movement.

4. Standard Variation

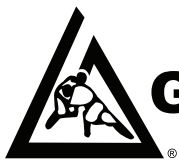
- *Indicator:* Assailant has taken you to the ground and is inside your legs (guard).
- Essential Detail: Establish effective hand wedges and scoot hips out.
- Most Common Mistake: Trying to insert foot on hip prior to Shrimp movement.
- Bad Guy Reminder: Make sure to keep pressure on your partner so they have a body to push against.
- Drill Orders: 2 reps, reverse roles.

5. False Surrender Variation

- *Indicator:* Assailant establishes full control of your hips, neutralizing your initial escape.
- Essential Detail: Use the "False Surrender" to feign compliance.
- Most Common Mistake: Surrendering verbally without surrendering physically.
- Bad Guy Reminder: Maintain full hip control until the surrender takes place.
- Drill Orders: Attempt standard get-up, fail, utilize false surrender, escape, reverse roles.

6. Fight Philosophy – Stranger 4 Phase Strategy (Phase 3 & 4 Focus)

- Phase 1: Identify an Unsuspecting Target
- Phase 2: Subdue and Isolate the Target
- Phase 3: Control and Exhaust the Target
 - Use mount escapes, punch block series, and guard techniques to conserve energy in Phase 3.
- Phase 4: Execute the Assault
 - Use the false surrender to open up escape opportunity during the transition to Phase 4.

**Mindset Minute**

During an assault, half of the battle is simply remaining calm. By practicing the Guard Get-up and developing your comfort in this uncomfortable situation, you will have a much better chance of avoiding panic and escaping successfully if you ever find yourself in this worst-case scenario.