

Technique: Trap and Roll Escape**Overview**

Being trapped beneath someone is a nightmarish experience potentially leading to panic, suffocation, exhaustion, and eventual submission. In this lesson, we teach you a highly effective technique called the Trap and Roll Escape, broken down into five different variations based on how the attacker is controlling you.

Technical Slices

1. Standard Variation

- *Indicator:* Assailant is pinning your chest or choking your neck with his hands.
- *Essential Detail:* Trap the arm and leg firmly and at the same time.
- *Most Common Mistake:* Rolling sideways instead of bridging upwards.
- *Bad Guy Reminder:* Start by placing one hand on the neck, and the other on the ground.
- *Safety Tip:* Bad guy should tuck his/her shoulder during the roll for safety.
- *Drill Orders:* 2 reps, reverse roles.

2. Punch Block Variation

- *Indicator:* Assailant sits up to throw punches from the mount.
- *Essential Detail:* Immediate body-hug to neutralize the punches.
- *Most Common Mistake:* Failure to preserve the closeness.
- *Bad Guy Reminder:* Stay rigid on your hands once pulled down.
- *Safety Tip:* Bad guy must tuck fingers prior to roll.
- *Drill Orders:* 2 reps, reverse roles.

3. Spread Hand Variation

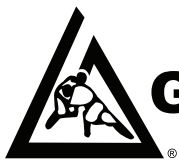
- *Indicator:* Assailant achieves the mount and spreads his hands out for base.
- *Essential Detail:* Un-wedge the assailant's hand by driving it away from you.
- *Most Common Mistake:* Trying to pull the hand straight into your chest.
- *Drill Orders:* 1 rep, reverse roles.

4. Wrist Pin Variation

- *Indicator:* Assailant achieves the mount and pins both of your wrists to the ground.
- *Essential Detail:* Drive hands south while strongly thrusting hips north.
- *Most Common Mistake:* Failure to hug the body immediately after release.
- *Bad Guy Reminder:* Start light, and then make the wrist pins heavier each time.
- *Safety Tip:* Make sure to turn your face to the side as you bump your hips to avoid a collision with their body.
- *Drill Orders:* 1 rep, reverse roles.

5. Hair Grab Variation

- *Indicator:* Assailant grabs your hair while mounted on you.
- *Essential Detail:* Immediate double forearm trap and solid bridge.
- *Most Common Mistake:* Not building a strong foundation for distance before the strike.
- *Bad Guy Reminder:* Bad guy does not need to grab the hair to practice this. Place the hand close to hair, and grab back of the neck once trap and rolled to simulate hair control.
- *Safety Tip:* When following up with elbows and strikes, make sure bad guy protects face from any accidents.
- *Drill Orders:* 1 rep on each side, reverse roles.

**Reflex Development Drill**

Practice all Trap and Roll Escape variations in combination. End each repetition by striking, disengaging and getting to your feet.

Mindset Minute

What seemed like an impossible situation to escape from becomes remarkably easy when you have the leverage and technique to rely on. When executing the Trap and Roll, be sure to secure the arm and leg with conviction and bridge with all you've got. You may only have one chance, so make it count!