

Metadata: <https://www.youtube.com/watch?v=nnz893Cnwzk>

All right, so now we're going to go into a shoulder Senkaku and we're going to look at some escapes from a topside shoulder Senkaku. So my partner can switch to a topside shoulder Senkaku pretty much at any time when she has this a full Juji for example and my arms are unlocked she can go in and she can relinquish the head and she can just take her feet to topside shoulder Senkaku like so. If she has a three-quarter Juji she can switch her legs to a topside shoulder Senkaku like so and lock up and she can go topside shoulder Senkaku. Okay, the main times my partner is going to go into a topside shoulder Senkaku is going to be once my arm is already extended and I'm working towards an escape. Okay, because my partner has a lack of control over my head if she switches to a topside or if she switches to any shoulder Senkaku and my arms are still locked from here it's going to be an easy thing for me to start sitting up because of the fact that my my partner has no cross face from here. Okay, so now from here when she goes to start extending my arm and stopping me from sitting up it's a hard thing to do because she has no cross face. If the arm is fully extended now she can open up her knees and she can she can rise her she can raise her hips. As her hips come up her knees open and now it's a hard thing to do to sit up because of the fact that my my partner's carrying my weight. But from here if my hands are locked she locks up from here. Now from here when she goes to raise her hips she can't because she can't put her back on the floor. So now I'm not carrying any of my partner's weight. So from here I can just go in and easily start to sit up because of the lack of the cross face. So my partner from here will usually elect to switch to a shoulder Senkaku when my arm is already extended to change her leg position when I beat one of her leg positions either with a full Juji or shoulder Senkaku or the three-quarter Juji whatever the case is. Because now she can put her back on the floor raise the hips open the knees and now I go to sit up I'm carrying her body weight. So she'll usually elect to do this my arm is already being extended and I'm halfway into a late escape. Okay so an example of this will be when she has like a three-quarter Juji and from here I go to start off balancing my partner like so. Now from here instead of my partner resetting the legs what she'll do is she'll just take her her top leg in this position and she'll just take it through and now she'll just shoot herself into a triangle. So now what this does is it allows her to stay in the same position she doesn't have to readjust and point her knees to the ceiling. From here she just stays in the same position she starts to bring my elbow over her hip and now she can go in and break me. And in addition now when I try to go into a rolling escape from the three-quarter Juji I'm thinking from the three-quarter Juji right and I'm going to go into a into a rolling escape when I'm going to do that now I can't because my partner's leg is wedged underneath my head so I'm like oh man this is no good. So whenever I say I go into a topside shoulder Senkaku it's very strong because of the fact that I'm limited to an escape on one side. It's a very hard thing for me if my partner has good leg position to go into a rolling escape even if I threaten to sit up first like so if I try to go into a rolling escape here my partner just puts her her leg back on the floor heel back on the floor and it's hard for me to go into a rolling escape. I have to be able to get all the way through and underneath my partner's leg and that's a very difficult thing to do and even so I'm still stuck with this pillow underneath my head so it's just a disaster trying to go into a rolling escape from here. All right every time I try to go back into a rolling escape she just plants her heel on the floor and now I can't go into a rolling escape and my partner breaks me anyways. Okay so whenever I see this my partner goes into a topside shoulder Senkaku from here I'm going to play a game where I threaten going into a rolling escape so I pendulum my body out and away I threaten going into a rolling escape and what this does is it points my partner's knee slightly in the direction I'm moving as I go to pendulum in this direction I whip back in the opposite direction I post on the outside of my partner's knee with the intention of getting my ear outside my partner's uh knee and thigh like so remember that position we're in before like so same thing so now I play a game where from here I like to collapse my partner's two knees together like so as she goes to break me I

build up to my knees and now from here we'll just yank the elbow free and we can easily pull our elbow out okay so first one is we go in and for every given scenario usually it's from a three-quarter juji we go in and we start creating an initial off balance trying to go into our rolling escape so from here we start bridging bridging bridging we think we're going to go into a rolling escape as you're going to do that my partner switches to shoulder Senkaku and now I'm like oh man I'm getting stuck and I'm getting broken this whole time so now I threaten going into the rolling escape a little bit further so either I walk in one direct in this direction or I pendulum my legs in this direction I get my partner's knee pointing slightly in the direction I want to go and now from here we go in and we kick our hand to our partner's knee we just whip up like so now we play a game if we can pick our partner's knees together we go into the previous move many time my partner will be trying to open up the knee so it's imperative from here that I keep my knee or my uh my ear on the outside of my partner's knee from here we go in we scissor the legs we build up we start driving towards our partner when she goes to start uh breaking me extending me from here I just pressure forward towards my partner and from here we take our partner's hips up and over her shoulders and then we just pull the arm free okay what I can't have this is a situation where she goes through her shoulders and cock you I sit up my partner has a shin in front of my collarbones when I go to drive forward from here she will extend and break me so from this position I have to make sure that if I if I am coming forward towards my partner I can either one always beat the knee or two if I go to drive forward and she goes to break me from here I have to go back down into a rolling escape and then whip back up to beat my partner's knee you have to go back and forth between these two okay and now from here I either one crush my partner's two knees together or I too start pressuring forward towards my partner and now when she has to break me she has no ability to create distance between me and her because there's no shin wedge in front of my collarbones and now it just hits forward and we pull everything out all right so topside shoulder Senkaku my partner makes a transition from three-quarter jiu-jitsu I play a game between trying to roll and whipping up if I whip up and my partner beats me with a knee position she opens up her knee let me go back in the opposite direction and now from here it's ready to go in and start pulling our arm out and away so that's escaping with topside shoulder Senkaku and now let's continue from there moving into bottom side and then scissor jiu-jitsu