

Metadata: <https://www.youtube.com/watch?v=eKSKI16fVNA>

All right, we're underneath. One of the most common ways to escape from this is by putting back in guard. So I need to start getting my knee under him. Once I get my knee, a lot of things can happen from that position. So again, as I mentioned before, it's always good to find where his hip is. From here, I'm gonna start escaping, okay? I find it, it's a short motion. One, two, the knee drops at the same time. Do not try to go out, then you bring the knee in. It should be only one motion. So you find, you use your leg to help to move away. One, two. Now from here, a lot of different things can happen. If you feel stuck on this position and you cannot move, keep moving your knee inside, sometimes he's doing a good job controlling your head, we must start finding yourself on the half guard first. So what I'm gonna do is, if his knee, if his knee is still bent, this one, and close to me, it's quite hard for me to actually be able to catch him in half guard. So I must use this leg, the one that's inside. I'm gonna start sliding down his leg and push into him. See how I make the leg extend, which now becomes very easy for me to actually step over. Once I do this, I'm actually shifting his weight away from me. So as soon as I step over, I already have him in half guard. Now it becomes a lot easier for me to be able to escape. As when I step, this is gonna drag into him, I push the other knee, hip escape under, and from there, we have the escape. So I find the hip, from here I'm gonna escape. One, two. You're stuck, I'm trying to get back to guard, I'm having a hard time. Slide your foot down on his leg while you're pushing away. As you do this, it's very important that we use this hand well. A lot of times he might try to spin to my head, so just like we talked about on the underhook, this keeps him down on me, so I'm pressing this hand. So once I push his leg out a little bit, I can trap. If I'm not doing a good job, he can slide this way and the leg's gonna be very far away from me. Once I step over, I'm secure. Now this leg opens up a little bit, pushes, create the space, the knee comes in, underhook, always working on the arm. From there, we have the escape.