

Metadata: <https://www.youtube.com/watch?v=jFmdquBKdZ8>

This is one of my favorites, so this is the one that I try to use all the time and the reason I like it, I think if you follow my videos, I always try to find like the most simple solutions for everything and those type of solutions that we don't need to move too much. I really like not having switch base, that kind of stuff, so you see that this one that I'm gonna use right now, we don't even need to move, we just need to use like our forearm and stop my opponent's escape, so let's do that. So, and remember guys, we are in the phase of the instructional here, we are in the phase of the instructional here, that all we are doing is talking about like how to maintain the bones, okay. So guys, in this situation here, let's imagine that my opponent's gonna go for the elbow escape, so guys, as soon as I feel that he's coming there, what I'm gonna do here is, I'm gonna control his lapel as tight as I can, okay, and I'm gonna try to go as low as I can here on his lapel, okay, so don't control his lapel just over here, I'm gonna place my thumb as tight as I can on his lapel, okay. Guys, once I did that, what I'm gonna do is really try to go there, so Ben's gonna try to go there, I kind of keep this leg a little high, now I'm gonna bring this knee a little forward and I'm gonna stretch this arm and I'm gonna pin him down using my forearm, okay, so Ben is gonna try to go to the elbow escape in the other side, in the other side, when he does that, pay attention guys, I move this knee forward a little bit and this leg here, let's just change the angle a bit, this leg here, I lift it up a little bit, so I don't change my base as we did before, like completely like this, but I lift it up a little bit, okay, once I do that, my left hand goes there and catch his lapel as tight as I can, so I go all the way down, now my right knee, I bring backwards because I don't want to leave my knee here to stop the move, I bring backwards and I stretch my arm and I pin him down, so basically like if he cannot look to that side, he cannot escape from the wall, okay, so he has to look there, so again he's gonna go there, I switch my base a little bit, look, just a little bit, I go here, I control his lapel as tight as I can, once I got his lapel, I move my right knee backwards and I stretch my arm, once I did that, there is no escape, he's gonna go to the other side, as soon as he goes to the other side, same thing, I move this knee a little forward, I keep my arm over there, I catch his lapel as tight as possible, I move my knee backwards a little and I stretch his arm, so try to go to the other escape man, and I pin, once I pin, I come back to the wall and he's flat, he's gonna go to the other side, I switch my base a little bit, I go as tight as I can here, I move my knee backwards and I stretch the arm, and he goes to the other side, and guys I could use that even as a drill for like warm-up or something like this, just go here, I move my knee backwards and I stretch, and here I am, so it's a very good way to avoid the ablescape, I think it's really important to know how to avoid the ablescape, to make sure like you can maintain the mount, and I think that's gonna help you a lot. you