

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

Now whenever someone goes to pin us across side, we've got to form defensive frames so we can move inside those wedges that he's placing around our body. We've got different options. We've seen we've got two arms. We have the inside arm and the outside arm. We've seen with inside arm we have four good options to place our defensive frame. What about the outside arm? What are my options here? Okay, arguably the best all-round option is this, a reverse cross face where I place my hand here across like so. Try not to have the hand buried in front of his shoulder. There's some little wrist lock options that my opponent has in these positions that can found you. But if I bring my hand all the way through, I now control my opponent's head with my forearm. If my hand is too close in here, he can crunch down on my arm and kind of constrict this movement and make it hard for me to move my arm effectively. It's very hard for him to do that if I have the whole length of my hand going across to the shoulder and tricep. Now when he tries to put weight on the arm, it's pretty strong here. This enables me to move the head in various directions. Gives excellent control of my opponent's head. So that's one excellent defensive option. Again, the idea is don't have your hand here in front of his chest. There's some wrist locks from here and your arm can be crunched down and pinned. Instead, I want to come through and put the whole heel of my hand around his shoulder so that you get an excellent ability to hold your arm in place. Even when he puts weight over you and tries to employ cross faces, you'll be able to move your opponent's head quite readily with this grip. That's an excellent defensive option. Another defensive option here is to have my hand go through underneath my training partner's chest and become an underhook. This too gives an excellent ability to move our opponent's head and to get my head underneath my opponent's body weight. This will greatly facilitate turns in towards our opponent that we'll be looking at later on in the video. So once again, if I can get my hand through underneath and get elbow deep on the underhook, you can move the head and start turning towards an opponent like so. So this too is an excellent defensive frame. Another good frame here is a bicep frame or over back where my arm goes over my opponent's back. Make sure you don't start gripping the head. It's not going to help you at all. Just have your arm sort of over your opponent's back. The advantage of this one is the ability to move the opponent's head by coming to the end of the lever all the way up by the temple and then from here moving the head in ways that facilitate escape. So three excellent defensive options. Arguably the best option is to come through all the way like so with the reverse cross face. Another excellent option is an underhook. Another great option is the over back or bicep cross face which enables you to move the head quite readily and create excellent control coming out of your elbow escape. Those are our favorite options with the outside arm. Once we get good frame positions with inside arm and outside arm, you're going to have a lot of choices as far as your escapes from side pins.