

Metadata: <https://www.youtube.com/watch?v=y5ng5xBkJmM>

So we're going to work on the bridge and roll escape here and I got to do a very good job of making sure that my hands stay close. So the first thing I'm going to do is I'm going to take my top hand and it doesn't matter which one there's no collar that's better than the other I'm just going to come into his hip and I'm going to grab it so that I can walk with my hands nice and close and that's going to help me bump so that he has to put a hand on the floor. Okay we're in here he's up there he's nice and tall right I'm just going to reach and I'm going to snag it just so it's tight and then I'm going to bump there he had to put a hand on the floor now I'm going to come up I'm going to trap it I'm going to pull it in nice and tight whatever hand I trap I have to take that foot and I have to step so that I can block his escape. Okay I don't want him to be able to post now that my hands are locked when I'm in this position when I push off both feet it's important that my elbow works to elevate okay because his head's going to be down here and then what I'm going to do is I'm going to drive this elbow down and I'm going to move his head to that side with my arms okay and then I'm going to try to touch my nose to the floor right here it's super important that I look up as it's not going to be intuitive you're going to want to put your head down you're going to want to try to back out but it just leads to bad things when I'm here I want to look up so that when he sets any grip it doesn't matter which one I can frame across the body with my grip and now I can look up and I can extend and I can walk my hands back while looking straight up at the ceiling okay I know it sounds crazy because you're thinking well if your neck's all exposed you're going to be like this he's going to throw up a cross choke but he won't be able to get close enough while your hands are playing defense and pushing up at the same time he's not going to be able to drop that elbow because you're benching yourself up right pull your elbow down he can't because I'm pushing if I'm down here and I look up yeah now my chin falls down but when I'm here and I'm pushing away from him right not over the top of him away from him backing out of this position again shoulders back head up using my using my whole body here I don't want to see a rounded back trying to leave okay so we're here okay no you don't have to fix that because we're going to be in here we're going to be fighting we're going to be doing stuff I'm going to stand nice and close I'm just going to snag something quickly right I'm just going to snag it and then I'm going to two hands and then I'm going to bump it boom he put that hand down I'm going to come up and I'm going to trap it okay I'm going to lock my hands or I'm going to grab the gi I'm going to do anything I can I already have his foot trapped here because he kept it between my heel and my butt so I'm just going to suck it in nice and tight I'm going to look up push off both feet I'm going to try to touch my my nose to the tatami up up up boom right here right as he's trying to settle that I'm benching look I'm going away from him I'm not coming over him I'm not allowing him to put his back on the floor okay I'm going to come inside inside and we're going to end up right in closed guard usually from that position okay the big thing is once we have that hand over the top we're playing defense and we're backing out quickly using our head to tighten the gi jacket I don't want to use my back and let the gi come up over my face I want to look up so I can pull it out of his hands okay now I want to talk about sometimes you'll see people teach this they bump and then they overhook okay and I want to talk about why I don't do this for the sole purpose of if you get used to sweeping people like this it'll work as a white belt and it may work as a blue belt but at the other levels when you block this foot and you ball pump here they have an under hook like you don't want your arm isolated ever for any reason even if you landed here it's not that great of a position they have a lot of options so I just want to urge you to kind of protect yourself understand that if you have to you got to make something happen you do what you can you reach over you grab the arm you suck it in you bump them over and you pray for the best but from a technical standpoint from a technical standpoint this is much safer when I bump and I hit here this is much safer I'm not even necessarily a fan of this because if he hooks his knee nope grab your knee there you go my arm again is stuck right like just keep that grip let go this one keep that one like I can't like I can't get out

of this I went I got out of mount just to put myself in a worse position remember when we're in mount the idea is to not make mistakes and not make things worse right you messed up a long time ago you got yourself put in mount you're probably down on points a lot of points let's not get submitted on top of it let's be safe let's be practical and let's keep that those hands to the inside we're just going to kind of snag the top and again stay keep your head up the reason why I'm grabbing this is because if he keeps his head up and I bump he's going to stay there he's going to stay there so what I want to do is I want to kind of like there and I want to bring him down that way I can snag this I'm going to lock my hands grab the gi grab anything I can I almost want to grab his rash guard I'm not going to do that I'm going to lock it up block look up twist bring him down back out quickly look whole form cross his chest back inside boom right back into our closed guard posture and our maintenance control right here in the belly