

Metadata: <https://www.youtube.com/watch?v=IIKD8AV8TM>

One of the more popular videos going around right now is Gordon Ryan showing the best way to escape the body triangle. And we talked about a similar sequence when we broke down Gordon's expedition match against Philip Rowe, but I wanted to do a deeper dive into what I think is the most basic principle behind this escape, and that is the principle of extension versus contraction. So just a quick update, we're at a good pace to get to 1,000 subscribers by the end of the year, and I'm looking forward to giving away a \$50 gift card to someone when we get there. So if it's your first time at the channel, please subscribe, help us get to 1,000. If you've been here for a little while, appreciate the support, please share the video, help us grow the community, and let's get into the video. All right, so the goal of this video is to discuss how to use the principle of extension versus contraction to create dilemmas and enhance our defense. So first we're going to define the pros and cons of extension and contraction. Then we're going to describe how to use extension and contraction to create dilemmas for our opponent. Then we're going to talk about how we can use extension safely to enhance our defense and make us more attack-oriented grapplers. So the idea behind extension is if your limbs are extended wide, it gives you a very solid base. So if someone were to push you, it would be very hard for them to get you to fall. Now when you compare that to someone standing on one leg, their base is very narrow, and if someone were to push them, they would most likely fall. Now from a jiu-jitsu standpoint, standing on one foot would be similar to being in a very tight turtle position. You're very contracted, your base is very narrow, and you're very easily tipped over. Now extension would be similar to an open turtle position. Your elbows are away from your knees, you have a much wider base when your limbs are extended, and it's going to be much more difficult to get you to fall over. The reason someone would elect to take a closed turtle position is that it prevents your opponent from getting inside position. It prevents their over-under grip, their seatbelt grip, from coming in, and it prevents their feet from getting in as hooks to control the back position. That's the benefit of the closed turtle position. Now we already discussed the downside of that is it makes it much easier to tip you over. Now the reason someone would elect to extend themselves into a wider turtle base is that it gives them more stability. However, it exposes more inside space for your opponent to capitalize on. Those are the pros and cons of being contracted versus being extended. Now we're going to talk about how to play extension versus contraction off of one another to create a dilemma. So here is a real-life example of the scenario we just discussed from turtle position. The person on bottom currently has a very narrow, contracted turtle position to prevent the second foot of his opponent from coming in to control the position. Now as the player on top leans to their right, if the person on bottom elects to maintain that contracted position, that means they'll fall over because their base is very narrow. So to prevent that from happening, they're going to extend themselves to widen their base. And when they extend themselves to widen their base, that allows the top player to throw in their second hook to control the position and get the points. So you can see how you're putting your opponent between a rock and a hard place, right? If they keep their base narrow, they're going to fall. If they extend themselves to widen their base, you're going to take their back. So there's no solution, there's just a choice, and that is the beauty of creating dilemmas. So here is another scenario where our opponent is very contracted. They're on their knees, their elbows are tight to their body, they're not allowing us to get any underhooks or anything because they're very contracted. So if our opponent is playing a contracted game, that means we can start to threaten their base to create dilemmas. We can push them back and threaten to come up on top. Now if they don't do anything to widen their base, they're going to fall and you end up on top. The way that they're going to widen their base is they're going to put their hand on the ground and they're going to give you resistance when you try to come up on top. But now we have extension and that underhook that was so hard to get previously now isn't so hard to get anymore because we played contraction versus extension

against one another to create a dilemma. So now we play that same game with our partner, but with an underhook. As we try and sweep them, if they keep a narrow base, they're going to fall. We're going to end up on top. If they decide to widen their base by extending themselves, that allows us to go into other forms of attack like the pinch headlock or the shoulder crunch to complete the sweep. Or best case, we go right into a submission from there because all a submission is, is extending a limb away from the body. And we're able to create extension by using this principle of contraction versus extension. Now I think a natural question following the last section would be from a defensive standpoint, why would you ever extend yourself? If the whole point of a submission is to extend your limb away from your body, why would you willingly do that? In order to do offense, you might have to extend your arm to do a double underhook pass, which that gives your opponent an underhook. So from a defensive standpoint, it doesn't really make sense to extend yourself, right? And honestly, there's a lot of truth to that. The hardest boxer to knock out is someone who's very contracted and covering up, whereas when they go to throw a punch, they extend themselves, leaving themselves vulnerable to counterattack. However, the goal of this channel is to develop our skills to become submission oriented grapplers that are very exciting to watch, right? Good for the sport. So I think a better question to ask from a defensive standpoint is when should I be contracted and when is it okay to extend myself? We talked about in a previous video how a mistake wrestlers tend to make when they start doing jujitsu is they tend to extend themselves at incorrect times, which does not lead to good results in jujitsu oriented rule sets. Now basic jujitsu 101 would be if you're in a dominant position like the top of mount, it's okay for you to start extending your body, right? You could see Gordon Ryan extending his own arms to try and create offense. Whereas from a defensive standpoint, if you're in an inferior position, you should be focusing on contracting. So from a defensive standpoint, if we stay contracted, it's going to be very hard for our opponent to submit us. But at the same time, it's going to be hard for us to escape and do anything ourselves. So if you watched Gordon's video of the best way to escape a body triangle, he encourages us to extend our bodies to escape a defensive position. Now on the surface, it's like, okay, why would we extend ourselves from a very inferior position like the back mount? But I think this is the question we have to ask ourselves. When is it okay for us to extend ourselves from bad positions and when is it not okay? And I think this next statement that I'm going to play from the video addresses that exact question. Place this as set. If at any point, because people on Reddit, of course, we're arguing about this. If at any point Bernardo separates my primary hand from his hand, I have to stop whatever I'm doing and replace the primary hand. This is the priority. When someone takes our back, they're typically going to have one arm over our shoulder and one arm under our armpit, right? The over-under grip or the seatbelt grip, whatever you want to call it. But the one over our shoulder is going to be the one that's going to be choking us. So Gordon says the priority is to control that hand. And if you're subscribed, you saw we talked about this a few weeks ago when we broke down Gordon's expedition match against Phillip Rowe. But when Gordon got his back taken in this match, you can see he's extending his left arm to work on untying the feet of his opponent. But he's only doing that because he has control of the primary arm that's going to be strangling him. So the principle behind this is your focus from a defensive position should be contraction until you, in this scenario, control the primary threat of your opponent, which is that strangle arm. Once you win that battle, then it's okay for you to start extending your body to facilitate an escape. But if at any time that control of that strangle hand is compromised, you have to stop whatever you're doing and focus on contraction. Focus on getting control and neutralizing that primary threat before you start extending. Because the last thing you want is to be extended without your consent. That's a recipe for disaster, right? So we want to extend ourselves, but we want to do it on our own terms when we neutralize our opponent's primary threat. Hope you guys enjoyed the video. Please like, please subscribe, please share. We're on the road to a thousand subscribers. I really appreciate your guys'

support, and we'll see you next time.