

Metadata: <https://www.youtube.com/watch?v=tyl3aszl4qo>

Right, so now your partner can also attack Americanas from mount. It's actually a lot easier to escape from mount because of the fact that you can bridge and move your partner around and off-balance them because their hips are right on top of yours, whereas in side control their hips are out to the side and not directly on top of yours and you're perpendicular to one another. But with mount it's pretty easy to start going in and even in late escapes it's a pretty easy thing to start escaping. So she's going to have mount on me and she's always going to be trying from here to start pobbling into situations where she can get hands to the floor like so. So she'll use cross wrist series and every time she goes cross wrist I like to strip a grip. She goes to take a cross wrist, I strip a grip. I'm disciplined here with this hand fighting battle where I don't let my partner ever start to take hands out to the side and the second she goes to start going in and grip fighting from here I immediately go in and I start off-balancing my partner whether it's one to one side like so and then I go right into escaping options here or two I she goes to take a cross wrist I strip a grip and I off balance the opposite side and we go in we start and we go in and we start knee elbow escaping or kipping or whatever the case is. So it's constant hand fighting to stop my partner from pushing a hand to the floor and as I'm hand fighting I can't just hand fight hand fight hand fight I hand fight and as I go to hand fight I go in I had some kind of off balance to get my partner moving and we go into escapes okay. Now this time she actually gets a cross wrist and she places it down on the floor like so. Now from here we can go in and we can use a tricep post to start clearing my partner's grip off. So from here she wants to put weight over my arm so the second she pins my hand down before she gets her head over her hand I can move my hand she gets her head over her hand now it's gonna be hard for me to extend my arm anywhere okay. So from here the second she pins my hand down I just use a tricep post and extension to strip the grip off and I bring everything back inside. So she pins the hand down we extend the arm and we tricep post now this time she pins my hand she switches to a two-on-one and she puts weight over my hand like so. So now I try to move my hand around it's not going to be easy thing. Whenever I see this we can use the tricep post still but this time we have to give a big bridge as we go to do it. So we tricep post it'll force her to post this far hand on the floor and then from here we strip and then we come down and we go back into right into escapes into kipping or knee elbow escapes whatever you want from there okay. So she pins the hand we use a tricep post either with an early stage escape where she just pins like so and her head is not over her hand but I just extend and we beat her or we have a big bridge when she switches to the two-on-one. Now it's hard for me to move my hand in we use a tricep post of the big bridge and then we go into escapes. Now this time she goes in and she looks to start wrapping my head okay more than likely what she's going to do is she's going to switch from a head wrap where she wrapped my head and then she's going to lock up the americana and then she's going to take the head out and then go into attacks from here. That's most likely what's going to happen. So from here as my partner she pins the cross wrist cross wrist she goes in she goes to take a two-on-one she's going to start wrapping my head I deny her control over the head like so and now she has to cross face me. I play a game where it's hard for her to go in and start controlling my head that makes it hard for her to lock up it's talking about just americana. Other things that will happen from here she can start sliding her knee up into my armpit feeling the inside knee position and now it's going to be an issue from here but I want to just stop the americana I'm taking the inside position like so and now I'm going into off balances where I start bridging across to one side I switch from a bicep tie on this side to a grip on this side where now I can peel the hand off and then from here I can go in and start immediately kipping into my escapes. So she pins the hand down with a two-on-one she goes to make a conversion and wrap the head with the cross face and down from every block. I temporarily stop I point her from coming in she can't cross face me as she goes to start working that knee up we bridge across we free the hand and we go into our escapes okay and

finally from here this time she goes in she pins the hand down she gets a two-on-one she cross faces me starts to wrap the head and from here she goes in and starts to make that connection right before she actually locks her hands from this position it's going to be tough for you to start moving around from here okay whenever I see this I look to start immediately walking my head down and out and away so from here it's not always possible but when I look to start to do from here it's like post on my partner's armpit and now from here I just use my feet to just walk my hips down and away and get my head to the floor so if at any point she tries to switch to the Americana now before she locks it we can tricep post and start bridging and take my partner out and away so I always try to go in she goes to control me from here we just walk we just look in the same direction she's pointing me with the cross face as she goes to keep that cross face we just walk down away and bridge our partner forward slightly and get our head to the floor now she goes to make an immediate conversion to the the Americana before she locks it I hit that tricep post and from here we're out and ready to go into our kipping or miyambo escapes from there okay so early and late stage hand poverty when my partner uses cross wrist to start locking the Americana from mounted position