

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

All right guys let's look at an escape from side control bottom to get to the exit so bottom side control standard stuff okay keep the elbows in nice and tight i'm going to try to use a bridge here okay to get myself an underhook okay so bridge and make myself an underhook now once i have the underhook what i want to do is get to his leg okay common error here when you're using the underhook especially in bottom side control is using your underhook high like this okay this just makes lots of space for marcus to mount okay it's going to be a disaster so we want to try to bridge to make some space tell me okay and then our second bridge will just bring us low to his leg okay so as i bridge and get low i'm looking to swim my hand in okay cook the shin i don't want to bridge and reach up high okay what i want is down here okay so my second bridge will be to shrink myself down and then grab chin to chin here okay when we're grabbing okay we're trying to lace our hand through nice and deep okay right in underneath his shin bone okay and this is going to give us a good torque on his leg if marcus tries to start sprawling his leg out okay like so really really strong okay come back on the position so i make my hook on the leg here i go to my belly and i start bringing myself up to my knees okay once i'm on my knees i'm going to post on his far leg okay push into him a little bit here and now i'm going to lift his shin up into my hip okay so we're here just driving through a little more okay pull his shin up now i'm going to shoot my hips underneath that position okay and then try to jump straight into the x from there so we're in bottom side we're going to use the underhook okay elbows in bumping finding some space okay use your feet on the mat okay my other hand is on his hip this is going to help push me down so we use a bridge we get our underhook now we push ourselves down okay and hook onto his leg once we hook his leg make your way to your belly okay start driving into him and then i'm going to pull back okay and drag that shin across my stomach here okay bring my knees to my chest and then lock myself into the one leg x okay make sure guys you're focusing on using this snake hook grip here okay this is going to give you a lot of leverage over his heel all i have to do is fit my body in underneath this position here and start bringing my knees to my chest okay your partner will automatically feel uncomfortable here start lifting their knee off the mat okay and this will bring you into the one leg x okay so we're in bottom side bridging making my underhook look how my hand is pointing towards his shin already like where i want to grab i make a second bridge and move myself lower hook his shin here my other hand here is just posting on his body and i make myself to make my way to my knees i start driving into him lifting his leg up off the floor and now i can slide my hip in underneath lock myself into the one leg x so once we get to our knees here try to use your head use your feet on the mat and drive into your partner okay so that if he crumbles and falls okay you already swept him and got on top so when i'm driving here okay i get some good lift on the leg jump my hip in underneath and then lock my one leg x here okay so imagine you're trying to hit the single leg or double leg drive him over and finish he'll push back into you we keep this leg off the ground and shoot our body underneath okay let's look one more time