

Metadata: <https://www.youtube.com/watch?v=Y7vY6Xa2fPo>

we just looked at a very effective method of defending arm and gear teams. It's actually my favorite method. A natural question you might be asking is, okay, that's cool, but still, you were both suffering there. I was under duress, and he was under duress, and yeah, the odds are definitely in my favor, but still, I'd rather not get there in the first place, right? Of course, that's how you should be thinking. There's a trick which I often play, just as people are starting to enter into the arm and gear team, so this would be an early defense. Okay, Placido's on the knees in front of me, and from here, knees, he comes in and catches me, head and arm. If I have my arm extended, Placido can trap my arm, slide in, and finish me. Usually, they'll try and bring the leg through and lock a closed guard. That's usually what they're looking to do, okay? So, rather than, I could do the previous move. You could, you know, hammer him down and work your way through, but another part of you might be saying, like, dude, I've got a bad neck, and I don't want to spend 45 seconds testing my physical body against his gear team and work out and have a sore neck tomorrow. So, another option is a spinning escape similar to the one we saw earlier, only now with an arm in, okay? Placido has his back to the camera. What an arm and gear team specialist is looking to do is get your arm trapped on his hip, okay, so that when he slides in, he forms a good connection, and if he can get his guard locked around you, you're in deep trouble, okay? So, what I do is I deny the connection of my shoulder to his hip. I take my hand, and I put it in front of him, okay? So, he's over here. As soon as he locks in on me, boom, I go here. He's got an arm and gear team, and there's things he can do in this position. There's also some variations of kata gatame he can hit in this position, so I can't stay here, okay? Again, just like all the other times, we throw our body out to the side and come up to our knees. That repositions us so that my head is now on a center line. He has to put his hand on the floor. If his hands stay locked, he gets down so low that he just gives me top position, so he has to base on the floor, but the second he bases on the floor, he exposes his flat hip, and as a result, we end up out of position and either on his back or in top position. So, once again, the early escape. He comes in, boom, lock. As he goes into his arm and gear team, he slides into guard, we end up in good position, okay? Very similar to what we saw earlier, defending high elbow gear teams, only with the arm in. The key element is just having that mental habit. Someone locks up, don't go around the waist, go in here, okay? Don't stay in this position, because there's other things you can do here. Seated kata gatames, okay? That's for another day, but from here, it's an easy thing to roll out. If I do find myself getting caught, then previous move, post on the knee. He goes to go to close guard and beat your opponent's leg. He's got to go to a kind of a quasi half guard at this point, half guard, and then from here, like we saw, we just control our training partner's wrist. There's the sit out position. He goes to finish us. Very, very difficult, and as a result, we get our head to the center line. We're looking good. You play those two escapes against each other. It's going to be awfully difficult for your opponent to score the arm and gear team on you.