

Metadata: <https://www.youtube.com/watch?v=sq9jW4ZZrU8>

Okay, so this time, my partner locks up, I get to a knee, and she has an outside heel hook. From here, if you can come forward and fight your partner's hand and pull the hands down in a heel slip, you can do that. The problem is, again, if she's good, she's going to point their knees and force me to close the hand on the floor, okay? So you have a couple of options here. You can either come forward and try to fight the hand, like so, and you probably only have one option or one go at this, because when she realizes you get to the hand, she's going to try to point the hands to the knees and force you to close the hand. So you can either come to the hand and try to slip, and if you can get there, and then now when she goes to point the knees, now I can pull the hands down a lot of times. Or I can go to the feet here, and from here, I can take the feet across, I can try to bring my knee down, I can step forward, and now I can sit on my partner's legs and try to eventually extract my leg, all right? So if I can get to the hand, or I can get to the legs, we can go into escapes like that. Many times, as I'm on a knee, she exposes me, right away, I'm like, oh man, I'm on breaking point. And the second I go to reach back to the legs or to the hands, she points her knees, and I'm like, oh, I'm going to, number one, I can't do that, number two, I'm going to get broken. So whenever I see that, that's your time to go in now, start your multiple rolls, start trying to roll through, and roll, and roll, and roll, and then use a combination of second leg interference, heel slipping, and rolling to get to your eventual escape.