

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

Going back on the second row, the person has the same underhook from the bottom, and this is the only open that he has. All his elbow is stuck in. As he breaches and bumps, I'm stepping over. As I'm stepping over, his back is exposed. I'm trying to lock him, but the person feels even stronger, and when I think about to go towards the side, he keeps turning on his knees. If I stay over here, he's going to end up on top of me. I'm basic. I lost control. I lost a mount, and probably the submission is going to take a long time to set up all over again. He bumps, breaches, breaches, breaches, breaches. He keeps turning, turning, turning, and then he gets myself on the floor. As the person bumps, I try to establish on top of him, and he keeps turning. I just cannot end up on the bottom. So he goes, he breaches, he bumps. I just cannot step on the bottom. So instead of getting my back on the floor, I'm almost like releasing him. I'm almost like letting him free, and I keep his arm. I let him be on his knees. I don't have to be on top of him. I just want to keep his arm, and his arm was exposed. His arm was exposed because once he got down the hook, his elbow come out from the side of his body. His arm is not more isolated. His arm was exposed. He got himself out of his back. He got himself out of the mount. He got himself out of the side control, but I have a homopod position. He was strong to come out of the mount. I'm expecting to be strong and knock me back. Come up, Paul, and knock me back. So now I have to be ahead of him. Before he comes up, go back to the center again. Before he comes up, as he starts to come up, I have to go look for his shoulder. I have to go look for his shoulder, and if I stay in this position, he's just going to knock me back. Instead of staying in this position, I put this foot behind. As he tries to lift it up, I'm pushing my weight forward. This foot behind is what's going to stop him to don't fall back. So as he tries to come up and reach for this shoulder, if I have a chance, I connect my hands. I make the quickest grip that I can reach. If I give him this, he gives this, that's better, but this is the quickest. I only have to reach for my fingers, and now my knees stay together, and now the back that is behind just pushes me over him. It depends on how flexed the other person is. The more and more you can come up, but obviously I'm not flexed in this position. I'm not really looking forward to resisting this position because I don't have that flexibility. So if the person just comes up a little bit, that would be enough to make me tap, but I'm looking forward to not making mistakes. But to this point over here, I'm looking to make the person tap and not get caught in the armoplata. If I want to maintain this armoplata, I don't need to cross my feet. I only need to keep my knees together and tight together, because if he's opening up over here, I feel like he can pull his elbow out, depending on how flexible he is. So I'm already concerned about if he's flexible. I'm keeping my knees tight with my foot behind, and I start to come up from there. Make sure you don't fall back in this position. If you have a chance, always connect over there and stay on top of him. I still can finish if I fall back, but if I have a chance, I prefer to finish from the top position.