

Metadata: <https://www.youtube.com/watch?v=m4UEhHwbGfQ>

Okay, now we're going to cover a very basic escape from the single legs or ashi garami from leg pummeling position. So from here, I've got the established inside grips. I slide in, put my foot, my knee connected. I'm ready to attack. A lot of time he's going to be grabbing this foot. Okay, so I really want to be pinching it tight. Okay, but sometimes I'll get it down and then he's going to sit over it and he's going to keep scooting around and then he's going to pass my knee and get on top. Do that again. Here, control, I slide. I'm in the position, pushes down, sits over it, keeps scooting out and then one more.