

Metadata: <https://www.youtube.com/watch?v=weL0dKcpnJk>

Alright guys, now this is going to be a mount escape, straight to the butterfly guard. This position, it's when you don't have many space and you can't find a really good space so your opponent cross your feet behind your hip. So it's a really good option to take him out of view and escape, right? So, look, this is what, when he, when, let's say, I can't find, I can't turn my hip, I can't find elbows in, so what am I going to do? So, make sure that you have a good grip on his pant, right? Don't try to grab the belt for this one. You can, but like I said, sometimes the belt is untied or loose, so you don't want to do that. So here, even if the opponent is not crossing the feet or he's trying to do something here, what do I have to do? Take him out, right? So, look, I bridge, I need to make him up, right? Out of my hip, and at the same time, I'm going to push him up, right? It's not to my head, it's going to be just my hip. I'm making the bridge to take his weight out of my hip. Then at the same time, when my hip goes down, my arms goes up, right? And at the same time, I try to bring my knees in. So let's say, I get the grip, the leg I can really have, so what am I going to do? Bridge, and then you see how I create space to get my knees in. Now, and I sit because now I can play the butterfly guard, full sweep, double underhook, whatever, right? So, whatever you feel good. And let's say, even if my opponent, sometimes the opponent crosses the feet, it makes it even harder to escape. So that's the best situation to escape when I have this, right? But like I said, you have to make sure that you go up, and then when most of your hip goes down, your arm goes up. So let's say Bruno is like keeping really tight, really heavy, what am I going to do? I bridge, and then get my knees in. Once I get the situation here, now what am I going to do? I bring his hip to me with the grips, and then at the same time, I straighten my leg and sit up, right? Because in here, I approach, I sit, I choose one side, or I can do whatever I want, whenever I want, ready to sweep and ready to escape. I mean, because now I escape already off the mount, right? So it's a really good option. Like I said, it's just about you understand the momentum. So once your hip goes up, the same momentum that is, you bring your hip down, you push your arm in, straighten your arm out. So make sure, once you do that, right? You bring the knees. Once you get the knees, you sit, and now you play, what if I go on? Sit guard, whatever. Now you're ready to sweep him, right at you out of the mount.