

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

Now we're going to skate out the back from side control. So if I'm here, I'm going to bridge up, but before I do I want to get my right arm over this side. If I need to create space, I'll bridge up and when I come down, then I want to bridge up to get his weight forward. So little small movements. Once his weight's forward, I'm going to drive my knees this way. I'm going to bring my head out near his head. So from there, come through, show the weight, and control. So from here, come through, keep his weight forward, drive my knees out this way. He comes out, I can attack from here, and start moving around his back. For more information, visit www.FEMA.gov