

Metadata: <https://www.youtube.com/watch?v=XOQU-pcS0q8>

Let's talk now about an escape from headlock. Whenever you have your opponent holding your head this way on the floor, and his posture is up this way, you just push, frame your hands, push the neck away, move your hips to the other side, and now for you to catch the head, push, stretching, and then you can escape and go for the side control. For more information, visit [www.FEMA.gov](http://www.FEMA.gov)