

Metadata: <https://www.youtube.com/watch?v=RRp5tficE00>

Hi guys, Professor Gustavo here. We are here at Uprise MMA in Los Angeles. Let's take a look today at how to recover the guard from the turtle position. Okay, very basic technique, but there are some details there that are important so we don't get stuck. Okay, so let's say the guy's on turtle position here. The basic technique is me looking away, rolling over the near shoulder here so I can open, I can roll forward, opening my legs, landing here, recovering my guard. Sometimes in the close guard, sometimes even when I roll, I can catch the guy into a triangle here if he commits going forward, right? But the most important thing here is the correct time to use this technique is when the guy is not as heavy on top of my hip, right? Especially when the guy has his knee on the ground. So he's on turtle there, he's on top of me, but his weight is on the mat, right? If he has both knees on the mat, even worse for him. Now, there is not much weight controlling my hip here, just his arm. That's the perfect timing to go for this recovery here. If the guy is heavy, his knee disconnected from the mat, now there's a lot of weight on top of my hip here. If I try to roll, I'm gonna get stuck into side control here. Because I cannot roll my hip around, he's too heavy. So that's the scenario. Sometimes if the guy is heavy, I can go for other escapes. Like the one, for example, where I trap his left arm, roll over my shoulder, coming on top into side control. But if I really wanna go for an escape, I have to find a way to move his weight off me. So what I'm gonna do, I'm gonna stay on my toes here so I can push against him, right? I can push and then I roll. So in real speed would be, I'm here, I push and then I roll, recovering. Again, very hard if the guy is heavy on my hip. Go to a different escape or move me away a little so you can roll on me. Thank you.