

Metadata: https://www.youtube.com/watch?v=0pzF4_ltfJQ

Okay, guys, I'm here today for Gordon Ryan huge honor for me guys Gordon is just is shooting like one of his next instructional videos which is gonna be all about pin escapes like side control north-south and mount escapes and Gordon, I mean like I think that's one probably one of your favorite subjects I have been talking to you lately and the guys Gordon was telling me like how when he's training against very high level athletes nowadays He's even letting them getting the mount just to see how good they are at mount attacks And then he gets out from the mall and go for a shorter crunch like that. That's that's somebody boy but anyways Can you explain your more about this instructional? Yeah, so we're gonna look at we're gonna look at pin escapes and Pin escapes are very interesting because there's only there's a limit to how much system like how much you can systematize pin escapes so the main idea we're gonna be working with is the idea of Cranium control whenever you're in north-south We're sorry inside control or mount You have to understand that in order for your partner to be able to attack you they have and pin you they have to be Able to control your head and shoulders in some way. Okay The one exception to this rule is north-south Okay If you're looking at guard passing for example If I want to pass Bernardo's guard and actively attack him If I want to pass him to side control or to north-south the only way that I can Effectively pass his guard and go for submissions is to have some kind of control over his head and shoulders Okay in north-south north-south is the one exception That's why you see very high level guard players get passed to north-south because you don't need to make a cranial shift You don't have to control the head and the shoulders in order to effectively pass your partner's guard If I'm passing to side control, for example, I can get past his legs. This means nothing I can't attack him until I go in and I control the head and the shoulders. I can pass the mount This means nothing. I can't attack him because the elbow is inside You can knee elbow escape to either side But once I controlled the head and the shoulders now I can control him and I can start to attack him With north-south this isn't the case If I go in and I go north-south I can still Pass his guard from here without any control of his head and from here I can start to go in and isolate his arms and I don't have to have direct control over his head That's the one exception So for us working from bottom position This is gonna be a game based around Separation of your partner from your head and shoulders, so it's a pretty simple battle. Okay now Winning the battle is not easy, but the idea itself is simple Bernardo right now has all the inside position. His hip is inside my elbow He has the underhook. He has a strong cross face I'm losing the battle for inside position If you asked me to bridge and try to escape from here as hard as I could With this exact hand position I could try to escape until tomorrow and I'd still be here There's no way that I can get Bernardo off me with all this outside position, but if we change this to a situation Where I dominate all the inside positions now if you ask Bernardo to hold me he couldn't hold me for more than a few seconds Okay, so the question is How can I incrementally? fight my hands my elbows my knees and my feet back to the inside position and Create a situation where he no longer has control over my head and shoulders. Okay, so the basic idea is incrementally fighting my limbs Back to the inside position until I can separate his hands and create a disconnection where now he has no control over my head Okay, and now once he has no control over my head and I incrementally steal the inside position now I can escape and go into counter-attacks. That's the same idea for mount. If Bernardo has me mounted He has control over my head and shoulders From here. I can't do any escapes and he can attack me from here My whole thing is how can I create some kind of disconnect between my head or between him and my head and shoulders? Where now from here we can bring hands back inside But you have no control over a cross face or anything like that anymore and then we can incrementally fight limbs back to the inside position Okay, and finally from north-south the one exception where he's behind me And he doesn't have to have any control over my head from here. We look at situations where we can either one Bring everything back inside by just bringing elbows inside and lifting or finding ways to start training

angles To convert him back to a perpendicular angle where now he's more in a side control than he is in north-south Or if he doesn't if he doesn't move from this position because he has no control over my head and hips I can walk away So this will force Bernardo to try to reach back and cross face me and this is the perfect time now to bring hands back inside Then I can control over the head and from here bring everything back to the inside position Okay, so we play a general game where if we're in side control or north-south We are trying, sorry, side control or mount. We are trying to create Kizushi off-balances to bring our limbs back to the inside position and find ways To get our head in a situation where it's not being head and shoulders in a situation where they aren't being controlled by my partner's upper body and in north-south we're trying to either bring everything back inside right from the beginning or convert to an angle where he's then forced to go back to a situation where he has to control my head and Shoulders in order to control me and we can intercept the hands bring everything back inside and then create that disconnection Between him and our head and shoulders What can you just repeat the sequence again? Because I'm gonna ask you some questions and just so we do like slow motion. So side control first So I got your head and arm. So your goal is to Put everything inside. Let's say you want to put your left elbow Inside you want I noticed like that the first time you did even your elbow came underneath my arm a little bit Yeah, you do that on purpose or just happen I want my right elbow to eventually come inside your left shoulder So I want it as close to the target as possible. So I put it right here good Same thing with my left knee. I want my left knee inside your left hip So I start with my left knee connected to your left hip Okay, so if at any point now you try to move to a mounted position or knee on belly I got it. The knee and elbow connect. Now I have that strong knee and elbow connection I have my right hand inside. I have my left elbow inside and I have my left knee inside Yeah, the only thing stuck outside right now is my right foot and my right elbow So from here I play a game Where I go in and I lock my hands and now I just step on my own foot When you go to keep your hands locked from here, it's a pretty easy thing to separate those hands And now I can always bring right knee to right elbow I bring my left hand back to the inside and now I dominate all the inside position and he has no ability to put body Weight onto my torso So for this particular camping escape that we looked at before I take my left hand Inside Bernardo's hip and I take my left knee or left elbow inside Bernardo's right knee Okay, but now I feel the inside position with my hand with my elbow It doesn't look like much but this gives me the ability to start bridging and off-balancing Bernardo to my right So when he goes to lock in tight I can start bridging and I can start getting to a position Before I get him off balance with a weight onto one of his knees And now the kipping motion brings my knees to the inside position Now my knees inside now I have to get my right my right arm is still stuck to the outside My knees are inside. I have to clear the crossface. So I strip the grip off I slide my right elbow to the inside and now he has no control over my head I dominate all the inside position and I can go right back into counter offense. So a big theme is going to be Escaping from a defensive cycle right into an offensive cycle where we go right back into attacks, man. That's amazing and then from the north You Either go like you either bring your elbow and yeah, why are you start switching to the 90? So so there's usually two situations we can find ourselves in here and we'll dive into this in detail in the instructional If Bernardo is on his knees I generally prefer to bring elbows inside and I can always lift and just bring knees to elbows And now I'm gonna go to put pressure on me I have all the insides all the inside real estate and we can look to start putting ourselves back in front When you start running into more talented people they will often tripod just like this So now all the weights coming down towards my hips I can't lift with my body to bring this full body weight off me So whenever I see this I have to find ways to get hands on him and then start walking to an angle like so So now his body is in the same position. He would be as if he was inside control So now he's not in north-south, which means he has to control my head If he doesn't control my head of my shoulders from here It's the easiest thing to just strip and walk away and bring everything

inside So now as he goes to control my head, I know this is coming and I can always intercept the arm So now he goes to control my head and shoulders He can't and now it's a pretty easy thing to start working limbs back to the inside That's a girl intercept in the arm and recovering into attacking positions Oh boy, I have asked you this question 100 times already But I'm gonna ask also again because maybe who is watch over there didn't hear but your escapes It's a huge part of her confidence, right? Yeah, I find that uh John gave the best example one time and he was talking about if You're a guy who is in mount. Yeah, and You know that your guard sucks and you can't escape pins The chances of you going for an arm bar from top mount knowing that if you lose it You'll be pinned in bottom position for the rest of the round Drastically decreases but if you know that if you go for that arm bar and you lose it and you end up with your back taken or Pinned or in a submission that you can immediately escape and go right back into an attack the chances of you going for that arm Bar drastically increase. So I think that the foundation of offense is based around Strong defensive posture and confidence. No, that makes sense Yeah, and everything almost becomes a snowball because if you go to that submission now your percentage of submissions increase because your percentage of Submissions is crazy. You probably don't use to yes, don't you use so much escapes and man, that's incredible. No, that's amazing There's there's nothing worse than being caught Defensive cycles for long amounts of time or guys pin you for six minutes out of a ten minute match You're carrying their body weight. You're exhausted. You're mentally fatigued Your morale is down and you just physically can't get out of the pin There's something to be said for having the best guys in the world to try their absolute hardest to hold you down and they mount You you put let them put the arm over the head and then you just immediately escape right back into an attack That that is where confidence comes from knowing that if you end up in the worst position in the sport You can recover within 30 seconds and go right back into attacks Yeah, no and the one thing that you do that it's just like in the mount Position here like you got out and when you had my here And you do like shoulder crunch from there, you know You don't just escape you escape and go to a favorite position and start a new sequence from there Yeah well Cuz what everyone shows is they show escape into a neutral position like you go from a mount to a half guard to a close Guard, so you go from a defensive cycle into a neutral position and then someone goes into an offensive cycle with attacks But if you can cut out the middleman and just go from a defensive cycle right into an offensive cycle It's much better because you want to be spending as much time in a defense or as in an offensive cycle as you can What you don't want is to be halfway through an escape with no threat to your partner And they just start another offensive cycle. Now you're caught in this long-lasting defensive cycle No, man, that makes a lot of sense and then that's true like this middleman here It's how every jiu-jitsu school teaches how to escape in the world Go from mounts to close guard and then close guard you figure out what it is Go to side control to half guard or to close guard and then you're exactly right. That's incredible Yeah, so guys Guarda just shot this entire structure all about ping escapes side control escapes mount escapes and north soft escapes It's coming out like amazing and it's gonna be a DJ fanatics calm very soon So maybe by the time you're watching it's already there. So make sure to check that out and thanks so much Warner Please help me out to grow my youtube channel. Just click subscribe and to watch more videos. Just click under see more videos I hope you enjoyed BJJ fanatics calm use the promo code YouTube faria to get 10% off any instructional video improve your jiu-jitsu faster BJJ fanatics calm