

Metadata: <https://www.youtube.com/watch?v=FDSQL8GJ-ww>

All right, so now you didn't listen to me in the last video and the guy put you in the false root, but that's okay. All right, we're going to get you out of it. And the better the guy is at it, the harder it is going to be able to make this turn. But either way, this is the only way that I can see from here, besides the one I showed you, staying on top might be tough, holds the leg, but once he gets going and he starts spinning underneath, you've got to go with it, right? So you've got to flow with the golf, you know what I mean, right? So I put the knee in the middle, and I messed up, and he gets the false root, all right? Now it's a problem, right? If I can stay on top, I will. Sometimes I can put my arm through, but a lot of times guys are really good here at pulling through and starting to get the roll, right? They start coming underneath, and now I'm here and they pull the leg through, and this arm underneath really halts my escape as much as possible, right? If this happens and I get all the way to here, it's not over, but man, it's going to be tough to cover all this ground and get all the way up by the time he's able to do something, either pass my leg or start to finish the heel hook, right? So what I have to do is know that he's going to go that way and initiate the roll and go faster than him, right? So you have to really put all the burners on us, right? So I'm not going to go too fast, right? But once we get to here and I know what's happening, right? I'm already, look, I'm already going, right? And hopefully the guy, he might still have his arm underneath my leg. This is more of the common right here, where this is where I get with Johnny and some of the other guys, and man, it's trouble. He can still bring my leg across, but if I was in this position and he brings my leg across, then yeah, now I have to cover way more ground. I'm in trouble. Oh yeah, that's trouble right there. That's a no-go for me guys, right? I'm probably going to especially if you put my knee across, right? So go back, right? So if I'm going across here, if I'm like this, now look at the position. Now from him to pull my leg, even if he tries to pass it across to the other hip, you know, I'm out of there, right? I'm going to get up to my knees. I'm going to put my foot in his butt slash leg. I'm just going to kick my leg in the mouth, right? So the key is to make the turn from, instead of being here, when he has a leg on the cross and I make the roll, I'm here, right? If I'm here, I'm just in the 90-90 stretch and I've already made the move to get out. I've already started the running man escape, and then the only thing I have to do is get right here, and then from there I should be able to easily bring that leg up. All right, so let's do one more time. All right, so I'm being on my own, right? I'm here, he goes to roll me over, and then I'm already on the side, right? I just stopped right to my hip, and then if he pulls my leg across, the one thing I will say though is I do have to be careful of him attacking my back, and then, yeah, maybe even getting me in some type of calf slicer, right? So just make the move before he even does that. Just really start turning. Even if I have to give up position, I don't want to, but if I flail away like that and he goes to get up, all right, I can just try to stand back up as well, and then since he's a filthy leg lock guy, he's going to stay on his back, and he's going to keep trying to elevate me, and now I'm standing, and that's a great spot, right? So turn that knee before so you don't get false swept, if you do, you've got to make that move faster than that. You've got to be just a little bit ahead of him, and you'll be able to get your leg out.