

Metadata: https://www.youtube.com/watch?v=od-lcD_34f8

We've discussed an earlier escape to a front triangle, I would say better described as a trap triangle, where our training partner just kind of gets his legs around our head and arm and starts threatening us. Now, things are getting a little bit worse, okay? My training partner gets in front. He moves into a tight triangle situation, okay? Legs are locked, et cetera. Now, I need to very quickly create a lot of space in this situation without, take my arm, without giving up any other limbs to attack. So, lock up the figure of four, okay? I start by posting on my training partner. Preferably, I like a hand inside my training partner's armpits like so. This way this arm doesn't just get brought directly across. Another good way to do this is through locked hands. This is probably my favorite way. I can take my hand that he wants to come across the neck, or across, yeah, across my neck, and I can pull it to his opposite hip. This starts to create a little bit of separation and some room to breathe. Now, I extend my arms and drive my hips under the opponent. Okay, you can keep it locked if you want. Okay, from this situation, it's not enough to just wedge and get my hands in anymore. Can't do it. So, what I start to do is stand up and step over my training partner like so, okay? Sit in this situation for a second. Now, there's some problems with this escape, okay? If you get the legs over the body and you extend out and away, you can shimmy the shoulders back, we create the separation, we can go right into the same leg lock we went to before. That's great, but what happens many times is I try to do this escape and I'm on my butt and my training partner takes my feet off. Now, when he puts a figure four in, it's pretty terrible because it's hard for me to stand up. My two legs are stuck on the mat. So, I need to have a way to recover from this situation. If you're very flexible, you might be able to find ways to get your legs back underneath you and stand up. But preferably, I don't want you to have to do that. So, I keep my hands on my training partner's chest and I'm posturing, locking nice and tight, okay, like so. Now, I bring both my knees in towards my butt, okay. Even here, it's hard to stand up. So, I'm not gonna try to do that. I start by taking my foot and pinning it to my training partner's bicep. I've now scored inside position, okay. I'm now gonna do it to the other side. If he goes to try to reach across to remove my foot with the other hand, okay, I go inside. So, I cover both of my opponent's biceps, okay. If at any point in time, I feel as though my training partner is trying to grab at feet and I don't like this, I can also get a hold of my training partner's two hands. Now, I can cross my feet. When my training partner goes to try to remove my feet from his chest now, it's very challenging and I have plenty of time to open up and recover. Not only recover, but end up in my strong outside heel hooking situation where I can go on the attack. So, once again, if we fall, we tried to get legs over, but our training partner removed legs as we fell. We're in pretty bad state here. It's hard to get up. He's gonna start bringing me forward, locking up, et cetera. So, I bring my feet in nice and tight. We might be hand fighting. I get feet inside biceps. I hug my training partner's hands and I cross feet. From here, I extend out and away and immediately go on the attack for the outside heel hook.