

Metadata: <https://www.youtube.com/watch?v=v4lhLkKgVvU>

Things always work better in a scramble, right? So I'm not going to show you a new technique now, but I'm going to show you how it's more realistic from turtle. When we're in the turtle position, the quicker you go for this, usually the more success we have. So if someone's just hanging out, and I mean people very rarely just hang out and turtle on you and chill out, they're thinking of taking the back, thinking of putting you on a hip, they're trying to better their position. Obviously, some people might be looking for a rest, they might hang out in turtle, they might give you this opportunity, but we can't count on that. I most often hit this when guys hit a go behind. So say if you have me in a front head here, as he circles to my back, he always, generally speaking, always, they step inside and end up trapping one of our legs. They at least like to be inside his position here. And that allows us to immediately roll through and use their momentum against him. So when you're training partners, I just want you to practice the move we just did, but from a go behind. So Hugh, being a good training partner here, he steps between our legs and we can immediately roll through. So we can just practice that. You can move side to side too. We'll keep practicing new angles here. The second he steps, the most success I have, just because of the momentum there. Now Hugh goes circles on the other side. The second that leg's in between, I know where it is. I can roll into his armpit, we slide him down to get correct depth and we're straight into our knee bar. So again, it's not a new technique, but we're just using the same technique in a realistic setting. Practice it statically and then get good at timing. As they go behind, you know they're going to try to step between your legs. MMA guys love to do this. Wrestlers love to do this. They're most vulnerable to this from a go behind.