

Metadata: <https://www.youtube.com/watch?v=cc1xxX186lg>

So on the bottom, there's a few things we can do to make it more difficult to take the back. The first one is, I want to keep moving backwards and circling away. I know which way he wants to go. He's not going to run around this way to take the back. Run to your right, and he just lost his hand. Like, he's got no control with that arm. He's really going to have to run around to his, or at least it's very rare for him to go this way. Then most likely with the chin strap on one side, he's going to run around to this way, okay? So if I'm circling away from that, that makes it more difficult. So if we're here, by circling to face the opponent, that makes it difficult. But circling alone, he'll probably still win that battle. So if I just circle, try and spin around to my back, he's going to get it, okay? It makes it take a little longer than if I wasn't circling, but he'll still get it. What you want to do is circle and back away. So, now if I just move backwards, okay? So I'm just running backwards. Try and take my back, or either let's get started with my forward. The camera's going to have to try to follow through this one. So, try and take my back. He can get it, but you can see there's a lot of, it takes, there's a lot of distance to cover, and he doesn't get great control. Now if I'm circling and moving backwards, it makes it quite difficult, okay? So we'll do it one more now, and I'm going to be moving back like this. So, let's go. Yep, you can see by doing that action, it's very hard for them to take the back. Now in reality, you've got to consider the fact they might be trying to choke you and take your back, so they often won't be able to use both hands, just doing nothing. Often one hand's going to be, in reality, I'm using one hand to try to deal with the choking grip, and the other hand helps me move back. I'm going to be posted on this hand. He can be ready to underhook or post, okay? If I'm down on my elbows, my mobility's much slower. So if he tries trying to move to my back now, I can't move back as fast, he's got a lot more chance of taking the back, compared to when I'm up, I'm using my hands for mobility. You can have your knee on the ground for a moment, but you really want to be quite active on this, this back leg too, when you're moving. Okay, so it's not like, I'm not just sitting here, I'm not like plonked on my feet, I'm ready to be actively moving on my feet, backwards like this, as opposed to this, I'm definitely not sitting here like this with two knees down.