

Metadata: <https://www.youtube.com/watch?v=TRaqy7rO9qU>

Now the next thing that will happen is guys will trap your ankle. So the first thing is don't give up. People give up here all the time. Just because she has my ankle doesn't mean I'm not mounted anymore. I can still attack. I want to have good weight on my knee, so it's not light, and then I bring this elbow around and down, and I'm going to run it this way across the face and just turn her head. So I'm not trying to grind my arm or create pain or anything. It's just to turn the spine until she's forced to let go of my ankle, and then comes back out and on the knees. Okay, again. I'm here. She catches. I go here. In the head. Notice my hand's off the mat. I just turn and she lets go, and then I'm back. All right, now same thing. John starts to get on the side a little bit here. He captures my foot, so his leg's flat and my foot's captured, but his body's still kind of flat on the mat. Then it's pretty easy for me to do this one and make him let go. Sometimes he captures my foot, and he's more on his side. He might be here, and in that case, sometimes I'll do this. So what I'm doing is I'm pressing my knee up against his back, and I'm wedging my toes into the mat, and my hands are here, and this allows me to put a lot of weight on my knee. Push on my knee. There's a lot of weight, a lot of pressure. That's only buying me seconds. I'm not saying you're going to stay there forever. It buys a few seconds. As he moves, I tighten this space up with my knee and my foot like a wedge against his back, and that gives me time to work on turning his face to free my foot. So again, I'm here. He turns on his side. He captures my foot. I'm here. I feel him lift up. I build that wedge. It makes it hard for him to shrimp, and then I start to work to flatten him back out and get my foot out. I capture your ankle. You're going to take that elbow and drag it across their face and force them to look the opposite direction of the knee that's trapped, pushing their skull to the mat until they let go. When they release the pressure, you release the pressure. When they let go of your ankle, you let go of their face, unless you're angry. Ella, put your forearm on her face right across her teeth, and then drop your elbow to the mat until she lets go. There you go.