

Metadata: <https://www.youtube.com/watch?v=IOR2MxBIkMw>

All right guys, so let's let's have Shane get me in a position that he wants. He has a lock down He gets me up All right, so this this is an issue. All right, so what I have to ask myself Where would I go from here? And this is a position that generally speaking your partner would love to have you in Okay. Now there's a few problems right now. My head is above his head. There's back exposure This isn't good for me However, the escape is still gonna be the same as far as how I pull My leg out what I'm gonna do in this position. All right as I pull my leg. I'm actually gonna start bringing It's gonna be simultaneous. All right, my elbow is gonna come to the mat while I pull my leg out and I step my leg back Okay, so sorry I'm here. I May be able to just see I'm not gonna have the leverage to pull my leg back over unless I bring my elbow down So it's almost like I'm gonna do a roll All right. It's almost like I'm wrong because I'm already giving up my back here. If I just stay here. I'm gonna get my back So he only has one hook in right now. So I have to avoid this hook getting in So I'm just gonna be like I roll so I'm gonna bring my elbow down. I kick and I bring this leg up All right the moment I get here I start pulling my knees Towards me and I get to the kneebar position. All right from here. You could switch Or you could simply work to get back on top by extending And pulling yourself back okay, so Your partner somehow gets that under hook. They get deep they get you up here and he starts sitting through I can't whizzer from here. All right, if I whizzer from here, I don't have the proper angle Okay, I must pull this foot out Okay, so if you want to pull this foot out before you roll if you're not comfortable rolling through yet pull the foot out Now you're gonna have to start trying to kick the leg back now the problem is If you go to if you pull the leg out then you try to kick the leg back your partner could catch you with this Foot and not let you come back or you could simply lift this foot And you're trapped That's right from this position Okay Let's say we're in real life. We're in real life time. So we're here my partner gets a little lockdown. He gets me up He comes here. I Step back and I'm here. You see how fast it happened. Let me show you that again When it's time to go you have to go, all right, so from here Partner gets you up You're right through Okay, and I ended up on top this time the key is that foot Must do it from this position That Foot must Once he gets you up Has to come here as it comes here. I'm stepping back All right Give this a try Remember when it's time to go you must move swiftly sharply with precision Give it a try