

Metadata: https://www.youtube.com/watch?v=T49SbMND_pE

All right, let's look at escaping when my partner just has cross body ride, but no control over my upper body. Okay, this is gonna be very rare if this happens. Anyone dealing with cross body ride is usually pretty advanced and understands they have to have some kind of diagonal control in order to control you from here. Okay, so let's look at a situation where she has a cross body ride and she doesn't have any access to my upper body. In order for her to actually control me, she needs to have diagonal control ranging from my right hip to my left shoulder. That's why she wants to control my arm, okay? But if she has no upper body control, let's look at how we can escape from here. Number one, if we have a naive opponent and she has no access to my upper body, I can always take my leg and pommel it around my partner's legs, take a two-on-one on my partner's ankle and my partner's knee, and now you have a beautiful transition to an outside ashi garami and beautiful heel exposure here where we can go in and start to break our partner. Okay, so dealing with someone who's naive and has feet off the floor, I could just whip my leg around and now I have access to my partner's legs in various ways, whether it be here with an outside ashi garami, whether I turn and put it behind the lap for a knee bar, or whether I make a full turn and belly down, and I go for cross ashi, inside senkaku. There's many different transitions we can hit from there provided I'm dealing with someone who doesn't know what they're doing from cross body rod, okay? More than likely, my partner hopefully will be smart enough to put her foot on the floor and now I can't pommel underneath it. But because the fact that my partner has no upper body control, maybe you're in this mid-transition or something, you can hit a quick rotation because there's no diagonal control up to turtle position where I just whip my leg around and turn inside my partner like so. Now we're ready to go in and turn and play from top half guard. So two great options against someone who's naive with no upper body control. If I can get underneath the leg, I can pommel into my partner's legs. If I can't, I just quickly tuck my elbow in like before. I just whip my leg over and now we're playing top half guard and we're ready to pass our partner like so, okay? So that's not really a static position you're going to find yourself in. Maybe you're mid-transition, you want to escape cross body rod, okay? That's when you can go in and either enter into your partner's legs or use the transition to take top position and start passing. you