

Metadata: <https://www.youtube.com/watch?v=WuSBXB22-1Q>

The final high elbow guillotine defense is when we're stuck in side control top and we cannot take our arm over to catch that one flute choke position, right? So what we can do from there is obviously it's a very embarrassing position to get caught. Like I said, I caught it by ADCC trials. I've been caught with it. I'm sure you've seen other people get caught with a high elbow guillotine side control top. Again, very embarrassing. So if we can't pummel over and turn their offense into our offense, our last resort is to basically do a forward roll out of that position to relieve pressure. Because while we're on top and they have the high elbow connection, it is going to be bending our neck down. So if you can visualize this, if we forward flip over, we're going to be able to extend our neck and back. Let's take a look at it with Nick Ortiz. Nick's down on side control bottom. He's caught me. He's caught me in this high elbow position, right? And we cannot find the space to go for the bon flute. Obviously if Nick's elbow was low, we'd come over and we'd attack the bon flute. But if we're here and we're really struggling, I want to the flute over the top here. So now when Nick's trying to find that pressure to choke me, very difficult, we can start turning back around on top. So if we get caught with the high elbows, you can see I'm feeling pressure here. I cannot throw the shoulder over the top. I'm going to not pull out. It's going to make it worse. I'm going to hop over the top. Greatly reduces Nick's ability to strangle from here. We could hand fight, but chances are Nick feels the angle's not there. He starts to scramble out thinking of a different position and we can start turning back on top. So without Nick here, we perhaps got caught in the high elbow from bottom. The guys sat back to go for it. We're in trouble here. We cannot throw our arm over the top. Just flip over. You're going to be able to extend your neck from this position. You won't feel the same pressure if you have to hand fight, hand fight, and then start to turn back on top to make sure you maintain that top position.