

Metadata: <https://www.youtube.com/watch?v=iJOBS9ds12E>

So another good arm bar defensively works very well for me when I'm in turtle, when I have to turtle up. Now this works, this is very effective. Again, if you know my game, when I get into a defensive position or in a bad position, I don't want to sit there until the guy on top makes a mistake. I want to make him make a mistake. I want to go after him. I want to finish with a submission. So when I turtle up, most often you're going to have somebody give you a seat belt grip. So when I turtle up, what I'm going to do is I start to bring my left arm and I'm looking to move backwards. I'm going to put my right shoulder to the ground and I'm looking to turn towards it. But as I'm turning towards him, my head leads and my hips follow. Notice that Enrique's arm is largely trapped. It's not easy. I don't, it's not very easy. I have that under armpit grip here and it's not very easy for him to retract. So now as he's trying to pull away, all I do is bring my legs. Again, the armpit grip, guys. So let's look at it from this angle. So I'm looking to move my hips away from him, all right, and I'm looking to tuck him. As I'm tucking in, I'm going to grab his leg, open wide, and then get my legs in position. This is one of my favorite turtle escapes because what happens, even if I screw this up, I'm going to wind up on bottom cross side, bottom side control, but as he's kind of scrambling to control me, in which case I usually can put him into, usually split guard is the follow-up move. All right. So again, let's look at it from one more angle. So again, you know, I want to make sure that he doesn't sink in his choke. I'm going to, so I move my hips just slightly towards the back. I start to lift them. As I'm lifting, I start to turn. I bring my legs open and then when I clear his head, I come back the other way. All right. Now you're gonna bail out before you, before I lock you up. So as I'm doing this, I wind up in a cross up and back. Oh, we're back to split guard guys. So that's my backup plan. Create a scramble. Anytime in a bad situation, if I can create a scramble, I can make the most of it and so can you.