

Metadata: <https://www.youtube.com/watch?v=0EPrBObeBV4>

escaping from uh bad positions in jiu-jitsu is also maybe even more important than attacking so there's a lot of fighters out there there's a lot of martial artists and jiu-jitsu fighters that are able to escape from very bad positioning and make it a better one so when i'm on side control not only i'm looking for attacks but i'm also looking to not get uh taken out of that good position on side control because some of the some of the guys that are on bottom they know how to work their way up through under hooks and and hooks and everything so what if i'm on side control and i get underhooked and the guy can come on my side so it usually happens a lot uh what happens here is when i'm on side control i'm on side control right here and all of a sudden marcio is able to under hook this arm and he's he is able to connect and turn either to put me inside the guard or even to uh get on his knees so he goes around and get on his knees and i'm fighting here again i was in a very good position now i am fighting for my life here i might land on bottom you know so i want to avoid this but sometimes the guy is sneaky and he can go under hook what should i do there so this is what i usually do so i'm here trying to not get under hook but sometimes it's unavoidable so what i do is when he once he gets the under hook i get that grip around that grip around the the head and i will go for the butterfly grip again once i get the butterfly grip it doesn't matter he wants to come and go to my back with this grip i can force his back on the mat and now i pressure and pinch and i'm out i can go to the knee on belly or i can go straight to the mount if i want to capitalize more i can go to knee on belly then mount right so let me show again if i'm here on side control marcio gets the under hook as he's coming up i will use the butterfly grip to favor me and put him back with his back foot on the mat i will pinch and pressure and now i can go around and get him out i can go from here to knee on belly into mount also so it's a lot of points that you can get from there but the concept is once you get to the under hook i can't be desperate and get out to avoid this i can surf it so once he comes i get the the butterfly grip pinch pressure he bridges i'm out