

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

All right, guys, we're gonna see a escape now, okay? When I'm gonna be able to create some space and then I'm gonna apply the underhook, okay? So, we're gonna work a few options over here, okay? So, as I mentioned, about, the guy's gonna give you something, okay? Can be on this side over here that I'm framing or the foreside, okay? Keep my knees always active here. I wanna be like bridging, elevate over here to push the guy a little bit off and then as soon as I see this gap over here, I'm gonna apply the underhook and grab over here, okay? As soon as I grab the back, I'm gonna rock. Now, rock, then I can put my elbow, bring myself back and I'm putting him back to the guard, okay? So, it's really important, as you apply the underhook, you're gonna keep like this, you're gonna rock, bring your elbow, bring yourself back, okay? Before the guy start putting the pressure on you, right? So, once again, I'm gonna be here, be with my clothes, be very active. Now, is the time that I'm gonna go create some space, I'm gonna bridge in, you know? Maybe you're not able to create too much space, okay? But you're gonna be able to just like go, sneak your arm in, as soon as you put your arm in, you're gonna grab over here. So, he's gonna start to put the pressure on you, but then you're gonna rock, you're gonna rock because he thinks that you wanna start to escape to his back, okay? So, as soon as you rock, you're gonna immediately bring your elbow inside, move yourself back, then you're gonna be able to put the guy in the guard, right? So, once again, look at that. The guy's gonna be here, go one, two, turn yourself a little bit, to start to sneak your hand in, you're gonna rock. Boom, bring your elbow, okay? Escape, bring your leg like so, and put back to the guard.