

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

Anytime a hook is being cleared, make sure they can't take the hook again, okay. A simple way to do this is to try to pull your knee as close as you can to your chest. I say like not in the middle of your chest, but kind of flared out almost towards your opposite, the same side shoulder, okay. So you see here, if Lachlan tries to get that hook, there's really no gap between my knee and my chest for the hook to go through. Here, he's got a chance to take it. Often people will present a little dilemma where if he stretches me out a little bit, sometimes you can't get your knee all the way to your chest and you'll have to use your arm, okay, as well. So my arms going to assist in this. I'm going to put my elbow here, trying to fend off the, I'm going to try to use my elbow to try to fend off the hook, but just be careful because they might also be trying to set up the choke. So obviously the first priority is always the choke. If I had the hands far away from my neck and I was controlling with my free arm, yes, my right hand would be actively fighting this and preventing that hook. If he's got his hands right up in my neck, maybe here I'm in a lot of trouble, but even just connected, yeah, just like a high seat belt here, okay, where I don't have great control of that arm, both my hands should be controlling the arm because it's too risky for the choke. Of course, I'll try to drop my elbow in and fend a little bit, but I'm mostly focused on the arm here, okay. Once you separate the arm from the neck, you can use your arm to assist your leg in defending the hook. And the other thing is always turn away, okay. So I don't just do this here because here he could probably still get it. I want to keep turning away. He's lost his ability to control my rotation this way. I want to continue to turn and roll away from that hook, which can help me escape.