

Metadata: <https://www.youtube.com/watch?v=WzEMEcRT7q4>

So, our goal is always to fall on the safe side. Once I go to the safe side, I know that the choke will be a lot harder for him to actually choke me. But there are a few things that can happen even once we're on the safe side, and this is something that we have to be really careful about. Once I go to the side, if my head is too high, his head goes under, this can actually have pressure on my neck. If he does choke, it will be very hard for me to resist. So, my head must always be under his head. This is something very important. So, from here, if this happens, I'm gonna push, use my hand, push his head, I go with my head into the choke, okay, it's gonna be a little bit uncomfortable for a short period of time, then my head's gonna slide under his head. So, I'm gonna push, one, two. Now I know that I'm safe, and from here I can take my time, slowly start walking to the side, and from there I have the escape, either by putting back into guard, or if he keeps a good grip, clear the hook, walk out, and from there you have the top position. So again, if you fell on the safe side, and the guys do a good job of the head under, you must get your head underneath his, okay? From here, use your hand, if you're feeling like there's pressure, on this choke, he's finishing you by tucking the elbow in, you can bring your hand and pull the elbow up a little bit. This will buy you some time, okay? Now the hand pushes, go into the choke, come low, now from here, right away start moving your hip out. Once you get this angle, you're completely safe, try to catch his foot, get back to guard, if he does go over, you can always catch, always the foot, and push into him. It's very hard for him to close this gap, okay? I'm not really just trying to push him off with just one hand, move your head away, get back, bring your knee inside, and you have either edge guard, or let go of the foot, and play open guard from there.