

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

All right, so it's very important, like I mentioned before, that we are feeding off our partner. We are trying to escape the easiest way by timing him on what he's doing. So do not try to do the move if the move is not there. Really learn to feel the movement, feel what his weight is doing and what he's trying to do. Once you get this, the escapes will become very easy to do and with basically no resistance. So if you're at this point here, just putting everything together. If you're at this point here and he's not pulling me, he has this grip but he's not pulling me, it won't be the right time to try to get your hip out. Here you have a couple different options. I can either grab the hand, okay, from here start lifting up, leg goes back, sit back to guard, I can jump over, I can grab the arm, extend, start rolling to roll him to the other side. If he pulls this out, then you have back to guard or in case you do feel him pulling super hard, then will be a good time for us to escape and start getting to the back there. So it's very important that you guys are feeling what's happening and don't really try to just force the move into your training partner.