

Metadata: https://www.youtube.com/watch?v=Ta7bGQJ_kEE

Okay guys, hitchhiking, same thing, this time from armbar from closed guard, which I really really like to see people practice. They always practice it when it's really easy and they're getting their arm broke already from the mount position. So here's what we're going to do, Rob's going to be on bottom. So I don't want you to overthink this guys, we're not doing too too much different. Here's what we're going to do, Rob has locked me up and he's armbarred me from guard, okay? So I'm in this armbar, go ahead, now the same thing here, we're in trouble, keep in mind. The first thing that I'm going to do here guys, is I'm going to take my hand, I'm going to push my thumb while I fall backwards, okay? So as I fall, I'm going to start to hitchhike now. As soon as I hit the ground, I'm already hitchhiking out here to get around. So it's the exact same thing that you just did from the bottom, but we start hitchhiking immediately from the top, okay? So we're here, Rob gets it. If I could catch this, that would be great, but sometimes you just can't get this. So we're going to do it from worst case scenario here, okay? So I'm pulling this over, as I push this, I fall down on my shoulder and I immediately start to hitchhike here. Thumb up tight, and finish escaping the armbar, okay? So again guys, don't overcomplicate. Same thing you just did, the only difference is now, you have to put yourself on your back. So just start rolling through for the hitchhike while you're up, does that make sense? Same thing we just did, okay? Don't let this confuse you either. I just like to push it, because it gives me a little bit of a head start, where he wants to start trying to control my thumb, okay? So he wants to go first. There's the armbar, go ahead and start hitchhiking from there, push it, and run it over, very good, good job, okay? Guys, the more that you work on these hitchhikes with your partners, the tighter it's going to make your partner's armbars drilling as well. So it's really like a, it's a two-way street there, it's a really, really good drill to do together, okay? All right, same thing, armbar from guard. Okay, Rob's going to start the hitchhike now, go to his back, and should already immediately be very good, professional, good job guys. So a lot of times people get caught guys, in armbars from the guard, and they think that they're dead, I don't even think that they consider going to their back and trying to hitchhike, or starting the hitchhike immediately. So defensively, it's something you can definitely work on, understanding the body movement, don't hurt your arms, don't hurt each other, just, okay, get that elbow free, and try to escape, okay? It's going to help later on down the road, especially at higher belts, seeing you do a lot of good, good escapes, and giving you the confidence and understanding of the body mechanics to where your body should and shouldn't go, okay?