

Metadata: <https://www.youtube.com/watch?v=7qbufE7Wgu4>

Okay so I'm just going to go over locking up the cradle from turtle. First thing I want to do is the far side. Far side is a little trickier than the near side. So basically he's turtled up and a lot of times what they'll do is, can you switch it over? Yeah. So your hips over to this side. Okay so you're a turtle, you're riding, maybe you're here, you're clamping and he steps this leg up. Okay it's very common. This is a great chance to go for the cradle. What I do here is I lock the cradle and I want to kind of roll over him but where I put my head is key. I like to put my head like kind of over this arm instead of putting your head here. Okay and the reason is because I don't want him to swim for an underhook. If I put it here and I can fall off him he can swim for an underhook and I'll get stuck on the bottom. So when I lock my cradle I kind of drive my head towards this arm. So when he's here I'm just going to go ahead and lean over, lock, post my head, flip him over and now I'm up behind. Okay yeah. Same direction? Yeah same thing. Okay so we're here buddy. I'm here, I'm riding, I'm looking for the back, whatever the case is, I see that leg step up. I'm going to jump my cradle and lock my hands, drive my head right here. So I'm here, lock. Now I'm back up and you can see I'm looking ready to go into my attacks. Real simple way to do it. You see this more in wrestling and maybe MMA where guys on the bottom are always looking to get up rather than to set the half guard or to pull to the bottom position. So it's not something that's going to happen as much in the grappling world but there are wrestlers that transition over so you're going to see this position where that leg steps up and you're going to want to be able to counter it and that's one of the options is to hit that cradle, drive your head over that arm, it's very important, and just snap him over, it'll be butter. Super easy. you