

Metadata: <https://www.youtube.com/watch?v=go5aB3QGtjw>

Side Mount Escapes. Let me show you practice method number one, the essence. Chris, please. You want left hand under the neck, grabbing the lapel or grabbing the neck, right hand cups the shoulder, right knee drives against the hip, and then your chin goes down. Go ahead, please replace the cup. Keep going, I want you to see I'm not pulling. I am just getting rid of the space between his chest, my chest, his neck, and my neck. This is the essence of doing hold down number two from the side.