

Metadata: <https://www.youtube.com/watch?v=2A9iMwsJ7R0>

All right, guys, we're going to be here now, okay? Continue the escape from the side control. My opponent's going to have me switch his base and control my arm super tight, okay? The previous one that we did, like, reversing him, right? But at this time, when he's going to try to reverse him, I'm going to use two different ways to try to reverse my opponent, okay? But he's going to stay, even though he's going to be able to stay in good base, and then I just, you know, put him back in the guard, okay? So the idea, if I'm going to be able to counterattack or reverse even better, but sometimes, you know, my opponent's going to react a certain way that the plan is not going to work the way that, you know, we thought that's going to work. And then I just go, at least I'm going to be able to play guard again, all right? And let's say he's going to be here, okay? As soon as I keep, you know, pushing, the guy skips over here, the guy's going to go and pull my arm and switch the base. All right, like that. And hold me like so, okay? So my left hand is already here. I'm going to grab the collar or grab the shoulder. I'm going to grab some, you know, some gi close to his shoulder, all right? So at this point over here, guys, I'm going to bridge into to him to put my bottom knee underneath his hips. All right, I'm going to bridge into to him, not just straight up, okay? So he's going to go here, bring my knee over here and lock my elbow. Okay, it's really important my elbow have to be on the same line to his hips, okay? So I'm going to be here. I'm going to grab something, lock my elbow in, bridging, and put my knee like so. Now I'm going to plant my toes on the mat and push him that way, okay? Look at that, keep my arm very stiff. Look, when he switch the base, I just put a hand back in the guard again, all right? So one more time. So super important, use your forearm here. Look, I'm going to connect my elbow to my hips and stay nice and tight, all right? So one more time, he's going to go over here, try to pull my arm. Zack, I'm going to hold the material and lock my elbow. My left hand, I'm going to grab the shoulder, the collar. Look at that, I'm going to be grabbing this shoulder, okay? I'm going to bridge into to him, just enough that I can put my right knee in. Look how I'm going to connect my elbow to my lap. Now I'm going to plant my toes on the mat and keep my arm very stiff and take him to my left side. He's going to switch the base, that's going to be enough for me to be able to recover.