

Side Control Escape Silver Fox

Side control escape begins with 1 of 2 movements. If he is higher up on your chest near your head rather than lower down on your chest near your hips, place your outside left forearm under his chin, place your inside right forearm on his inside left hip, bring your heels close to your butt and place your toes on the mat and your heels raised for pushing up power. Next, raise your left outside elbow and tuck your head inside and under his chin so your lower body moves down and away from him. You are scooting down.

As you scoot down, place your right inside shin against his waist line. You now have a 3 point frame to push away with. You have your right forearm on his left inside hip, you have your left forearm under his neck and you have your right inside shin on his waist. Your outside left hip is at a 45% up angle.

As soon as you get your right shin inside his waist, use your right shin to push off, square up your shoulders and head and now get your outside left foot on his same side right hip. This is the set up for the armbar. **KEY POINT** > notice how his outside right arm was clasped together when he had side control and now you broke his grip and his right arm got stuck inside your same side left arm pit and your same side left thigh. This is the master armbar set up.

Rather than putting him back into full guard, you have an open guard by placing your right inside foot on his same side left hip and grabbing his left elbow with your same side right hand. Squeeze both your knees in to get the tap on his right elbow. You have 4 points of control. If he rotates away from the pressure on his right elbow, you have the omoplata.

