

Triangle Defense Rener (block- walk- feed- hug)

The arm that goes across his chest that will choke you out, you simply **block** and wedge that elbow into his hip and your inner thigh as your head

is down into his stomach. Then **walk** your knees towards the hip you are blocking and same side arm. Your palm is on his hip with thumb up. In this case, your right arm would go across his body so take your right elbow and jam it into the mat, it touches your same side right inner thigh and you walk towards your right to create an angle. Now his hips are on the side and he can not triangle you.



Feed and underhook your left hand under his butt and grab the outside of his cross side left hip, as his right leg is over your same side left arm.

Just your left fingers are visible on his cross side left hip. Then you **hug** directly below his left knee with your same side right forearm as your head is buried into his chest. Now it is impossible to lock up the triangle so you are safe. You lay on his thigh and keep it pinned to the ground.



The goal is to bring your inside left hand that is under his butt, to inside his thigh/hip area, (almost touching his crotch) and frame your head by palming your head with your left hand. Get your head out and pass to side control.

