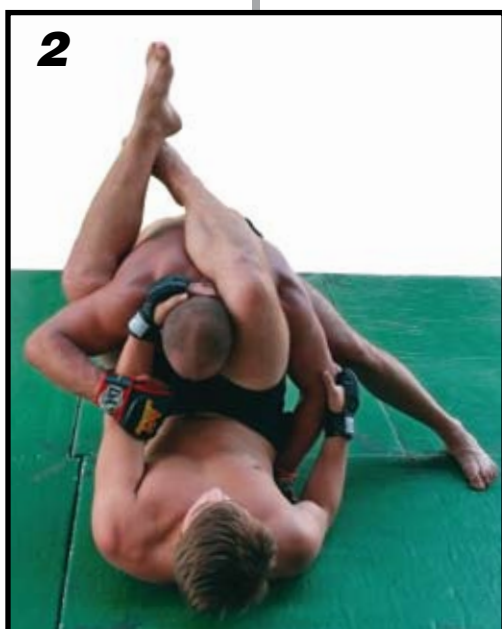
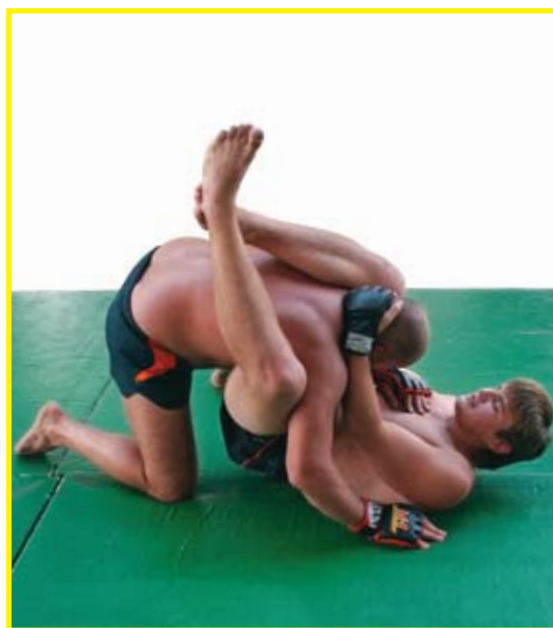


TRIANGLE ESCAPE TO HOOK

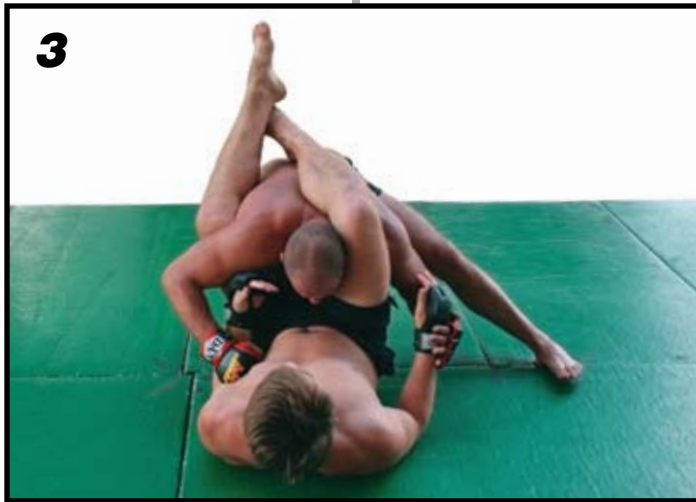
In the previous sequence, my opponent threw a leg over my shoulder to set up the triangle choke, and I immediately countered by driving my weight forward, stacking his leg over his body, and then executing an explosive turn to clear his legs and pass his guard. This technique comes into play when you're late defending against the triangle and your opponent manages to lock his legs together and begin applying the choke. If you look at the photos below, you'll notice that my opponent is controlling my posture by gripping the back of my head with his left hand. In order to escape the triangle and pass his guard, I first have to break his grip, which I accomplish using my right hand. Once my head is free, I rotate my body in a clockwise direction just as I did in the previous pass, but instead of driving my weight forward and then turning, I execute the rotation down by his legs. This allows me to explode my head out from between my opponent's legs, as well as drive his right leg toward the mat using my left shoulder. Just as with the last two underpasses, these actions prime my hips to throw a heavy hook or overhand at my opponent's head. However, it is important to mention that this pass is usually more difficult to pull off than the others because you are already caught in a submission. The instant your opponent locks in the triangle, you'll most likely be just moments away from losing consciousness. If you don't act quickly, there is a good chance you'll be waking up on the canvas. It is also important to be extremely explosive in your actions. When you execute the turn to escape, you want to drive off your posted leg and rotate your hips and shoulders at the same time. Ideally you want to avoid this situation altogether, but that can often be difficult when throwing so many punches from your opponent's guard. If you're going to utilize ground and pound, you want to have this technique in your arsenal.



Having trapped my right arm and head between his legs, Kirill is attempting to submit me with a triangle choke. Notice how he is gripping the back of my head with his left hand to control my posture. In order to escape, I must first break his grip.



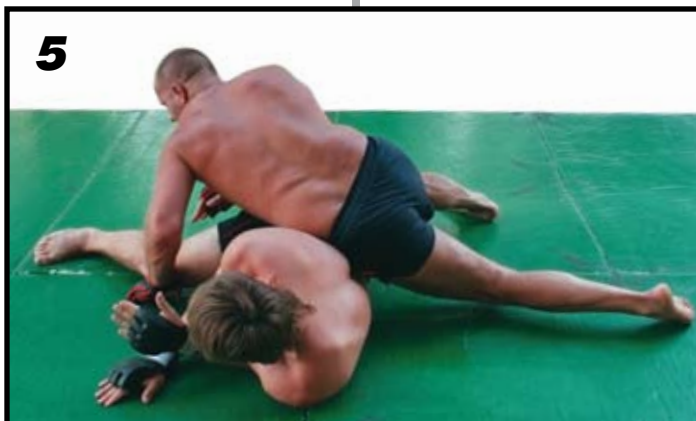
I place my right hand on the crook of Kirill's left arm, which is the weakest point on his arm, and apply downward pressure.



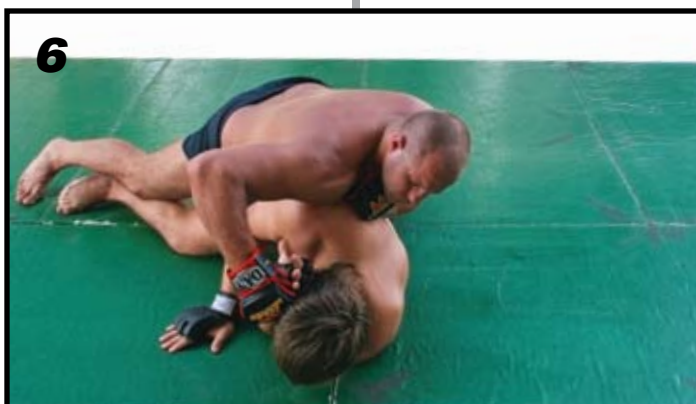
Applying downward pressure on the crook of Kirill's left arm, his arm folds and collapses to the mat, breaking his grip on my head.



The instant I break Kirill's grip on my head, I drive off the mat with my left foot, twist my body in a clockwise direction, and drive my left shoulder toward the mat. The combination of these actions forces Kirill's legs apart and turns him onto his left side.



I post my left hand on the mat, come up onto the ball of my right foot, and sprawl my left leg back. In addition to helping me keep Kirill pinned on his side, these actions set me up to throw a right hook at his head.



Driving off the mat with my right foot, I twist my body in a counterclockwise direction and throw a right hook at Kirill's head. It is important to notice how I float my body over his hips when I throw the strike. This allows me to harness all the energy generated by my rotation into the punch.

