

8-1 SIDE CONTROL TO GUARD RECOVERY

The Side Control, also known as 100 Kise, is a gateway position in Jiu-Jitsu. It is referred to as a gateway because it is the launching point for so many superior positions and submissions. Therefore, you must escape the Side Control before the situation becomes dire. One of the most effective escape routes is to recover guard. Recovering guard does two things: it brings you back into a neutral position and it has the effect of demoralizing your opponent who must now pass your guard all over again.



Kende had me in Side Control and I have already attained the Side Control Survival Posture.



Pushing off my left leg, I bridge onto my right shoulder. Kende should feel his weight shifting to his right as my bridge pushes him toward his side.



After my bridging action, I hip escape to the left and drive my right knee into the gap by Kende's right hip. This hip escape is important. Without it I will be unable to create the room to insert my knee.

Jiu Jitsu University

KJ Lindholm-Leary

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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