
Escaping from juji Gatame

Posted by Mark Teal - 2008/05/18 13:24

Using some quick reactions and explosive movement you can turn out of juji Gatame, This is how to do this
{youtube}WOfNonK4cqM{/youtube}

Please excuse the sound of a car alarm outside

=====

Re:Escaping from juji Gatame

Posted by Mongo - 2008/06/03 01:21

I like turning into tori on this and doubling them up with their legs. Then I take my free hand, generally the one closest to their head, and use it to threaten a choke as I pop my head out from between their legs and settle into osae komi waza.

I've been caught with sankaku jime a couple of times with this, so be careful to keep space with their legs with the arm that's being threatened or it's night-night time. :S

=====