

Gordon Ryan - Pillars of Defense: Upper Body Joint Lock Escapes

Learn How To Masterfully Escape Any Upper Body Joint Lock With A Systematic Approach And Calm Confidence, As Gordon “The King” Ryan Shows You All The Lessons You Need To Know To Get Out From Armbars, Kimura, Omoplata, And More!

- Escape from any kind of serious upper body joint lock in grappling with lessons on getting out from any variation of the juji gatame, te gatame, kimura, americana, omoplata, and more!
- Gordon “The King” Ryan is a multiple-time ADCC champion who is the most dominant and technical no-gi grappler on Earth, and this is your chance to learn his submission escaping!
- Move from defense to offense with tips on how to find a counter offensive cycle within your escape – including entries to leg locks, back takes, and more!
- Start to implement the enemy of offense so that you can supercharge your defense with conceptually powerful lessons on creating space and momentum
- Gordon’s escaping skill is the basis of his game on the mat – now you can see all the ways he shuts down and gets out of upper body joint locks
- See actual rolling footage from the gym as Gordon puts these techniques into action and then breaks down exactly what he was doing so you can see the techniques in motion

PART 1

- **INTRO**
- **OVERVIEW**
- **STAGES OF ESCAPE – GENERAL THEORY**
- **ESCAPES AND OFFENSE**
- **THE ENEMY OF OFFENSE**
- **ESCAPING AN INITIAL CLAMP**
- **STACKING OUT OF UDE GATAME**
- **CONVERSION TO OMOPLATA**
- **STACKING/ROLLING DILEMMA**
- **TE GATAME EARLY ESCAPES**
- **CONVERSION TO OMOPLATA**
- **INTRO TO OMOPLATAS**
- **ESCAPING WITH REVERSE KNEE ON BELLY**
- **IMMEDIATE ROLL THROUGH**
- **AVOID GETTING FLATTENED OUT**

- LATE ESCAPE
- END GAME

PART 2

- INTRO TO KIMURAS
- HEAD AND HAND POSITIONS
- BODY LOCK AND WRIST GRAB
- STRIPPING THE GRIP
- ROLLING THROUGH
- END GAME
- INTRO TO KIMURA FROM TOP HALF GUARD
- HEAD AND HAND PLACEMENT
- FLATTEN THEM OUT WHEN THEY ATTEMPT KIMURA
- DEFENDING WITH A BODY LOCK
- DEFENDING WITH A FAR WRIST
- STRIP THE GRIP
- ROLLING THROUGH
- END GAME

PART 3

- INTRO TO T KIMURA
- 2 GENERAL ESCAPING DIRECTIONS
- STRIPPING A GRIP
- POMMELING THE LEGS
- INTRO TO KIMURA FROM BOTTOM HALF GUARD
- UNDERSTANDING THE LOWER BODY BATTLE
- COUNTERING CROSS SHOULDER POST KIMURA
- TRICEP POSTING
- STRIP THE GRIP
- BUTTERFLY OFF BALANCING
- INTRO TO KIMURA FROM BOTTOM PINS
- EARLY POMMELS FROM SIDE CONTROL/NORTH SOUTH
- STRIPPING THE GRIP
- LATE ESCAPES
- END GAME

PART 4

- INTRO TO DORSAL KIMURA
- STRIP THE GRIP
- POMMELING LEGS TO ESCAPE LEGS KIMURA
- STACKING OUT OF LEGS KIMURA
- END GAME

- INTRO TO THE AMERICAN LOCK (AMERICANA)
- EARLY HAND FIGHTING FROM SIDE CONTROL
- TRICEP POST
- LATE ESCAPES
- END GAME
- EARLY HAND FIGHTING FROM MOUNT
- LATE ESCAPES

PART 5

- INTRO TO ARMBARS
- CENTRAL PROBLEMS FOR TOP AND BOTTOM ARMBARS
- DEFINING EARLY AND LATE ESCAPES
- OVERVIEW
- TYPES OF ARMBARS
- DEFENSIVE HAND POSITIONS
- GENERAL HAND FIGHTING FROM CLOSED GUARD
- ESCAPING FROM A TOP LOCK
- JUJI FROM DORSAL KIMURA
- INTRO TO MOUNTED ARMBARS
- WALKING THE ARMS DOWN
- BRINGING A KNEE INSIDE
- ROLLING BELLY DOWN
- ROLLING BELLY UP
- INTRO TO ARMBAR ESCAPES
- OFFENSIVE HAND POSITIONS

PART 6

QUARTER JUJI

- FIGURE 4 ESCAPES VS TOP HAND POST
- 10 FINGERED ESCAPES VS TOP HAND POST
- FIGURE 4/10 FINGERED ESCAPES VS BOTTOM HAND POST
- ESCAPING VS KIMURA GRIP
- LATE ESCAPES

FULL JUJI

- COMING UP WITH FIGURE 4 VS TOP HAND POST
- ESCAPING WITH A 10 FINGERED GRIP VS TOP HAND POST
- FIGURE 4 ESCAPE VS BOTTOM HAND POST
- 10 FINGERED GRIP VS BOTTOM HAND POST
- ESCAPING VS KIMURA GRIP
- LATE ESCAPES

- FAR ANKLE CROSS
- SEPARATING FAR ANKLE CROSS
- HAMSTRING GRAB TO SEPARATE FAR ANKLE CROSS
- END GAME

PART 7

3/4 JUJI

- INTRO TO 3/4 JUJI
- FIGURE 4 ESCAPES VS TOP HAND POST
- 10 FINGERED GRIP ESCAPES VS TOP HAND POST
- FIGURE 4 ESCAPES VS BOTTOM HAND POST
- 10 FINGERED ESCAPES VS BOTTOM HAND POST
- ESCAPING VS KIMURA
- LATE ESCAPES
- END GAME
- INTRO TO SHOULDER SANKAKU
- ESCAPING TOP SIDE SHOULDER SANKAKU
- END GAME
- ESCAPING BOTTOM SIDE SHOULDER SANKAKU
- END GAME
- ESCAPING SCISSOR JUJI
- END GAME
- ADDRESSING NEAR SIDE SCOOP GRIP
- OUTRO

PART 8 – ROLLING

- CRISTOS
- ALEX
- PLACIDO
- CHRISTOS
- ALEX

PART 9 – ROLLING COMMENTARY

- CRISTOS
- ALEX
- PLACIDO
- CHRISTOS
- ALEX