

**Back roll, knee in, and sweep:**

This technique is similar to the one in the previous spread. The setup and entry are the same. The primary difference is that Blue will go to his side after making his back-roll rather than to White's back.



White has Blue pinned. White's arms are over Blue's.



Blue makes space (pg.49).



Blue hooks his left foot in front of White's hip.



Blue pushes off his left foot and pulls with his left hand, rotating his hips under.



At this point Blue has fixed guard. With White's back exposed, Blue is in a good position to attack.



Blue wants his knee in the space between White's torso and right knee.



White's head is to Blue's left side, so Blue back-rolls over his opposite (right) shoulder.



Blue's knee starts to move into the open space.



Once Blue gets his knee in, he drops to his right side.



**Continuation:** Blue has White's right arm trapped. As discussed in *Ch. 11*, when you have an arm trapped it is a good time to look for ways to sweep the opponent over that arm.



Blue feels that White's right arm is trapped. Blue shores up his right-hand grip on White's right elbow to prevent escape.

Blue's left hand can wrap over White's shoulder and into the armpit (top) or hold White's shoulder (bottom). Blue's right foot hooks under White's right thigh to elevate White. Blue keeps his stomach tight against White's trapped shoulder and his grips firmly in place as he twists left, bringing his own left shoulder to the mat.



Blue lifts with his right foot and bases off his left. White gets rolled over his trapped right shoulder.

