

Chapter 1.1: Mount Controls

Technique: Modified Mount Control

Overview

The Modified Mount Escapes taught in the Blue Belt Stripe 2 course are very effective. To maximize their utility, however, you must understand their weaknesses. We will teach you to counter the escapes using effective hand-fighting, how to salvage the top position, and an amazing transition to reverse triangle setup.

Technical Slices

1. Slide Drop

- *Indicator:* Opponent attempts to escape the modified mount by shooting their top arm through.
- *Essential Detail:* Effective hand fighting to deter entry.
- *Most Common Mistake:* Failure to commit to the drop soon enough.
- *Bad Guy Reminder:* Go extremely slowly at first so your partner can learn the weight distribution.
- *Drill Orders:* 3 reps on each side, reverse roles.

2. Reverse Hook

- *Indicator:* Opponent controls your ankle to prevent your slide drop.
- *Essential Detail:* Throw your weight forward to facilitate the step off.
- *Most Common Mistake:* Failure to activate the hook after the drop step.
- *Bad Guy Reminder:* Modify intensity with each successful rep.
- *Drill Orders:* 3 reps on each side, reverse roles.

3. Reverse Triangle Setup

- *Indicator:* Opponent successfully turtles from top arm through escape.
- *Essential Detail:* Effectively pushing back for effective underhook entry.
- *Most Common Mistake:* Failure to use both hands during the push back.
- *Drill Orders:* 5 reps, reverse roles.

Rapid Mastery Drill: Level 2

Practice all variations of the newly learned technique against a Level 2 (Skilled) opponent. Your partner should begin with manageable intensity, and then gradually increase the intensity until you reach failure. Analyze the drill to determine whether your execution error or a technique limitation triggered the failure. What happens during the RMD is less important than what you learn as a result of the RMD.

Focus Sparring: STREET SPARRING!

Four gloves, two mouth guards, and the most important new sparring drill of your life! Use the gloves to stimulate movement or to remind your partner to be punch wary throughout the grapple. To maximize benefits, both partners punch lightly and focus on exposing vulnerability.

Mindset Minute

Above all, stay tight and watch the hands. Master your modified mount controls and watch your escape comfort grow!