

## Chapter 1.1: Mount Controls

### Technique: Shadow Hooks

#### Overview

We specifically designed Super Hooks to maintain mount control on an opponent who is trying to push or roll you off of them. However, if you are mounted on a highly skilled opponent who can untangle your hooks, then you will need the Shadow Hooks. In this lesson you will learn the Standard Shadow Hooks to neutralize basic Elbow Escapes, and then we will teach you how to maintain control when things don't go according to plan.

#### Technical Slices

##### 1. Standard Shadows

- *Indicator:* Opponent attempts to untangle your hooks for an Elbow Escape attempt.
- *Essential Detail:* Anticipate the crossover and tuck the desired foot early.
- *Most Common Mistake:* Limited leg mobility due to weak hip pressure/positioning.
- *Bad Guy Reminder:* Go extremely slowly at first.
- *Drill Orders:* 5 times side to side, reverse roles.

##### 2. Shadow Kick

- *Indicator:* Opponent's foot successfully reaches your heel for hook removal.
- *Essential Detail:* Adjust the tucked foot to facilitate the kick.
- *Most Common Mistake:* Kicking the foot in the wrong direction.
- *Bad Guy Reminder:* Change the weight of your foot with each successful rep.
- *Drill Orders:* 5 reps, reverse roles.

##### 3. Shadow Cross

- *Indicator:* Opponent's legs kick frantically in hook removal attempt.
- *Essential Detail:* Cross feet with desired foot underneath.
- *Most Common Mistake:* Don't insist on the grapevines too much.
- *Drill Orders:* 5 reps, reverse roles.

#### Rapid Mastery Drill: Levels 1 and 2

Practice all variations of the newly learned technique against a Level 1 (Strong) and Level 2 (Skilled) opponent. At each level, 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: Side Mount Startup (Elbow Cup)

Start from the side mount with the Elbow Cup position established. Spar freely until a submission occurs and then restart from the Elbow Cup with the roles reversed.

#### Mindset Minute

Once you perfect your Shadow Hooks, people will start tapping out from sheer frustration.