

Chapter 1.1: Mount Controls

Technique: Back Door Control

Overview

Against an unsuspecting opponent, the Back Door Escape is almost 100% effective. In this lesson, we will teach you how to position your hands and body to counter the escape. Then, we will teach you what to do if your opponent thrusts your body north and wedges both hands in your armpits.

Technical Slices

1. Smart hands

- *Indicator:* Opponent attempts back door escape.
- *Essential Detail:* Effective hand positioning to keep opponent from reaching your armpit.
- *Most Common Mistake:* Failure to pinch the thighs if the opponent pushes you north.
- *Drill Orders:* Smart hands control for 15 seconds, 1 rep, reverse roles.

2. Scorpion Counters

- *Indicator:* Opponent attempts the scorpion pullback.
- *Essential Detail:* Inside hand positioning.
- *Most Common Mistake:* Reaching for the feet instead of waiting for them to arrive.
- *Bad Guy Reminder:* Change the angle of your leg insertions to check your partner.
- *Drill Orders:* 2 reps, reverse roles.

3. Quick Sit Armlock

- *Indicator:* Opponent attempts the back door escape.
- *Essential Detail:* Transferring the weight to the hands for a quick pivot.
- *Most Common Mistake:* Failure to scoop the inside shin tightly under the opponent's shoulder.
- *Drill Orders:* 2 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

Don't let this lesson discourage you from using the back door escape. Your confidence in the escape should increase since you know exactly how your opponent must counter you, and if they are an inch off or one second late, you're gone!