

Chapter 1.1: Mount Controls**Technique: Super Hooks****Overview**

In lesson 3 of the Gracie Combatives system, you learned how to maintain control of the mount position with low body position and effective hip pressure. In this lesson we will take your control to the next level using the Super Hooks. When you establish the mount in a street fight, your opponent's ability to escape largely depends on their ability to create space between your bodies. The white belt mount control tactics minimized space. Super Hooks will totally eliminate space and make you a master of the mount.

Technical Slices**1. Full Hips**

- *Indicator:* You seek to maintain full control of the mount while minimizing escape opportunities.
- *Essential Detail:* Pull up on the head for maximum hip pressure.
- *Most Common Mistake:* Incorrect timing during the transitioning of the hooks.
- *Bad Guy Reminder:* Manageable intensity level.
- *Drill Orders:* Five times side to side, reverse roles.

2. Tuck and Shoot

- *Indicator:* Opponent removes one hook for a surprise roll attempt.
- *Essential Detail:* Focus on racing your foot to the "tucked" position.
- *Most Common Mistake:* Ineffective tucked leg position – foot too far south.
- *Bad Guy Reminder:* Tuck your foot close to your butt to make hook reinsertion more challenging.
- *Drill Orders:* Tuck and shoot three times, reverse roles.

3. High Hooks

- *Indicator:* Opponent tries to push you off while you maintain high mount control.
- *Essential Detail:* After the High Hooks, focus on getting back to the low mount.
- *Most Common Mistake:* Failure to drive the hips effectively.
- *Bad Guy Reminder:* Push and bridge to simulate reality.
- *Drill Orders:* Four repetitions, reverse roles.

4. Emergency Hooks

- *Indicator:* Your arms are trapped and you seek to use only your legs to maintain the mount.
- *Essential Detail:* Anticipating the switch and proper hook timing.
- *Most Common Mistake:* Failing to pull up on the neck with the hugging arm.
- *Bad Guy Reminder:* Start off very slowly.
- *Safety Tip:* Tuck your fingers.
- *Drill Orders:* Four repetitions low mount, two repetitions high mount, reverse roles.

Rapid Mastery Drill: Levels 1, 2 and 3

Practice all variations of the newly learned technique against a Level 1 (Strong), Level 2 (Skilled), and Level 3 (Striking) 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: Freestyle Flow

Your partner will play the role of the instructor by creating as many unique technical opportunities as possible. Each opportunity should be challenging yet manageable for you. Place extra effort on incorporating the newly learned technique into the flow. Reverse roles every five to seven minutes.

Mindset Minute

Good things come to those who learn how to maintain the mount without relying on their hands.