

Chapter 2.3: Side Mount Submissions**Technique: Quick Step Armlocks****Overview**

Until now, most of our side mount submission systems were based on control. The Quick Step Armlocks introduce the element of speed to your arsenal vastly expanding the range of your attacks and your ability to confuse your opponents. We will begin with the North Step that Ryron catches on virtually every training partner, and then we'll discuss the South Step and the variations that Renner uses every day of the week!

Technical Slices

1. North Step

- *Indicator:* Opponent tucks both arms to avoid submissions.
- *Essential Detail:* Effective leg positioning during each phase of the technique.
- *Most Common Mistake:* Failure to drive the hips into the opponent to avoid the arm removal.
- *Bad Guy Reminder:* Try to turn in and pull your elbow down.
- *Drill Orders:* 2 reps, reverse roles.

2. South Step

- *Indicator:* Opponent defends submissions from side mount bottom.
- *Essential Detail:* Effective weight distribution to facilitate the step.
- *Most Common Mistake:* Failure to scoop the elbow efficiently with the hips.
- *Bad Guy Reminder:* Check their balance in all directions.
- *Bonus Detail:* Triangle if they lock their hands.
- *Drill Orders:* 2 reps, reverse roles.

3. Switch Step

- *Indicator:* Opponent has their hands too close together for the South Step.
- *Essential Detail:* Effective base points during the spin.
- *Most Common Mistake:* Failure to use both hands to scoop when necessary.
- *Bad Guy Reminder:* Keep the elbow heavy to force distractions.
- *Drill Orders:* 1 rep, reverse roles.

4. Drop Step

- *Indicator:* Opponent turns sideways from the bottom.
- *Essential Detail:* Quick step and immediate elbow hug after the hips drop.
- *Most Common Mistake:* Failure to transition to reverse triangle when they slip the head.
- *Bad Guy Reminder:* Change your hand behavior with each rep.
- *Drill Orders:* 2 reps, reverse roles.

Rapid Mastery Drill: Levels 1 and 2

Practice all variations of the newly learned technique against a Level 1 (Strong) and a 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: One-Handed Sparring

Tie one arm down and spar freely. Switch arms at the end of each round.

Mindset Minute

Adopt the Quick Step Armlocks, and everything will change for you.