

**Technique:** Elbow Escape

**Position:** Side Mount

### Overview

If your opponent is able to achieve the side mount, chances are they will be so eager to punch you that they will create space for you to execute the Shrimp Escape (Lesson 24). If they are able to prevent the Shrimp Escape, the best thing to do is conserve energy and wait until the opponent transitions from side mount to full mount so that you can use the Elbow Escape to recompose the guard. In this lesson you will learn two variations of the Elbow Escape from the side mount.

### Technical Slices

#### 1. Knee Drive Variation

- **Indicator:** Opponent attempts to transition to the full mount by driving their knee across your stomach
- **Essential Detail:** Keep your leg flat and elbow blocking their knee at all times
- **Most Common Mistake:** Failure to escape at the right time
- **Bad Guy Reminder:** Start on both knees and slide one knee across the belly to mount
- **Core Principles:** False Surrender (17), Frame (10)
- **Drill Orders:** Side mount bottom start, 1 rep, reverse roles

#### 2. High Step Variation

- **Indicator:** Opponent attempts to mount from a sitting position by stepping their leg over your body
- **Essential Detail:** Filling the space with your elbow at the right time
- **Most Common Mistake:** Giving up too soon when opponent's leg is heavy
- **Bad Guy Reminder:** Proper side mount position and high step transition
- **Core Principles:** Prevention (13), Frame (10)
- **Drill Orders:** Side mount bottom start, 1 rep, reverse roles

#### 3. Bonus: Half Guard Pass

- **Indicator:** Opponent has you trapped in their half guard
- **Essential Detail:** Elevating the hips to slide the knee up the center
- **Most Common Mistake:** Failure to keep the underhook during the pass
- **Bad Guy Reminder:** Check your partner's base at various points throughout the technique
- **Core Principles:** Pyramid (4), Clock (8)
- **Drill Orders:** Half guard start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*  
Elbow Escape – Side Mount (L33)  
*in combination with*  
Take the Back – Guard (L31)

### Fight Simulation Drill

1. Clinch – Standing – Conservative Opponent (L15)
2. Body Fold Takedown – Standing (L14)
3. Punch Block Series – Guard – Stage 1-3-5 (L27)
4. Punch Block Series – Guard – Rollover Technique (L27)
5. Elbow Escape – Side Mount – Knee Drive (L33)
6. Armbar – Guard – Triangle Transition (L19)
7. Triangle Choke – Guard (L10)

### Mindset Minute

If your partner achieves the side mount, chances are they will try to punch you, in which case you can escape right away. If their primary focus is to control you and achieve the mount, save your energy and let them think that you have given up so they will attempt to mount at which point you can put them in your guard with a perfectly timed Elbow Escape. If necessary, you can use the Elbow Escape from mount (Lesson 12) to assist you. Timing is everything.