

**Technique:** Standing Armbar

**Position:** Standing

### Overview

Although we normally recommend you take the fight to the ground, sometimes your opponent will give you an opportunity to end the fight while standing. Many confrontations begin with an opponent pushing your chest with one or both hands unknowingly creating the perfect opportunity for you to apply the Standing Armbar. First, you will learn the Basic Application, then you will see how to use it in a more dynamic situation.

### Technical Slices

#### 1. Basic Application

- *Indicator:* Opponent extends their arm towards you
- Essential Detail: Effective pull and cutoff step
- Most Common Mistake: Lifting up rather than driving down with your ribcage
- Bad Guy Reminder: Notify your partner if their control of your elbow feels incorrect
- Safety Tip: Apply pressure very slowly to avoid injury
- Core Principles: Tension (14), Overload (24)
- Drill Orders: Hand on chest to start, 1 rep, reverse roles

#### 2. Walking Application

- *Indicator:* Opponent pushes you backwards with an extended arm
- Essential Detail: Timing the wrist grab and arm pull with your backward steps
- Most Common Mistake: Over rotation of the elbow
- Core Principles: False Surrender (17), Creation (5)
- Drill Orders: Hand pushing on chest to start, 1 rep, reverse roles

#### 3. Bonus: Standing Arm Drag

- *Indicator:* Opponent places their hand on or near your shoulder
- Essential Detail: Effective downward swipe of the hand to facilitate the drag
- Most Common Mistake: Failure to immediately control the opponent's hips
- Core Principles: Redirection (29), Centerline (31)
- Drill Orders: Hand on shoulder, 1 rep, reverse roles

### Reflex Development Drill

*Practice the*

Standing Armbar – Standing (L34)

*in combination with the*

Guillotine Defense – Standing (L32)

### Fight Simulation Drill

1. Standing Armbar – Standing (L34)
2. Standing Headlock Defense – Standing (L26)
3. Headlock Counters – Mount – Back Mount Finish (L16)
4. Rear Naked Choke – Back Mount – Strong Side (L5)
5. Elevator Sweep – Guard – Headlock Variation (L11)
6. Take the Back – Mount (L4)
7. Rear Naked Choke – Back Mount – Weak Side (L5)

### Mindset Minute

Don't grab the wrists until you are ready to commit to the full technique. By doing everything at once, your opponent has no time to react. Be sure to tug on their arm firmly so that they are thrown off balance and you can use their momentum against them. Also, don't break the arm unless it is absolutely necessary to neutralize the threat.

### Street Tip: Pain Defiance

The world is very familiar with the concept of pain compliance, use a joint lock or other method of pain delivery to get the opponent to comply in a violent encounter. What is much less known is the concept of Pain Defiance. With every joint lock, there is a point where if you continue to apply pressure above and beyond the point where your adversary can safely surrender, it may trigger an amygdala hijack which means they lose cognitive function, survival mode kicks in, and they are biologically ignited to do anything necessary to avoid further harm. While there are some situations for which dislocating a joint is necessary for survival, it is generally MUCH harder to control someone or gain compliance once Pain Defiance kicks in, and for this reason a broken arm is often less desirable than one that remains intact, and, as such, can be used as leverage in negotiation.