

**Technique:** Twisting Arm Control

**Position:** Mount

### Overview

The beauty of Gracie Jiu-Jitsu is that it enables you to defeat virtually anyone while controlling the amount of damage you inflict. The Twisting Arm Control is premium example of this because you can use it to set up a choke, armbar, or simply control your opponent until they surrender. In this lesson, you will first learn how to set up and maintain the Twisting Arm Control, and then you will learn two reliable finishing options.

### Technical Slices

#### 1. Basic Control (Preparation Drill)

- **Indicator:** Opponent is non-compliant from mount bottom and you need to increase your level of control
- **Essential Detail:** Solid arm control and hip drive with back leg angled out for base
- **Most Common Mistake:** No chest weight during initial arm trap
- **Bad Guy Reminder:** Try to pull your arm out to test the control
- **Core Principles:** Centerline (31), Creation (5)
- **Drill Orders:** Mount start, 1 rep, control for 10 seconds, reverse roles

#### 2. Back Mount Finish

- **Indicator:** Opponent rolls to their knees while trapped in the Twisting Arm Control
- **Essential Detail:** Completely abort the hands in preparation for back mount transition
- **Most Common Mistake:** Late back hook insertion and ineffective torso alignment
- **Bad Guy Reminder:** Switch legs and get up on your shoulder for safety
- **Core Principles:** Tension (14), Detachment (2)
- **Drill Orders:** Mount start, 1 rep, reverse roles

#### 3. Armbar Finish

- **Indicator:** Opponent does not roll to their knees while trapped in Twisting Arm Control
- **Essential Detail:** Invert your front leg and lean south side to facilitate the leg spin
- **Most Common Mistake:** Forgetting to loop the elbow around the head prior to the leg spin
- **Safety Tip:** Be careful not to kick your partner in the nose after the spin
- **Core Principles:** Fork (15), Velocity (7)
- **Drill Orders:** Mount start, 1 rep, reverse roles

#### 4. Bonus: Forced Back Mount

- **Indicator:** Opponent is trapped in Twisting Arm Control and you wish to achieve back mount
- **Essential Detail:** Pulling the opponent to a seated position during the crossover
- **Most Common Mistake:** Falling to the nearside shoulder instead of landing on the opposite shoulder
- **Core Principles:** Momentum (21), Pivot (22)
- **Drill Orders:** Mount start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Elbow Escape – Side Mount (L33)

*in combination with all variations of the*

Hook Sweep – Guard (L28)

*and all variations of the*

Twisting Arm Control – Mount (L35)

### Fight Simulation Drill

1. Haymaker Punch Defense – Standing (L30)
2. Rear Takedown – Standing (L29)
3. Positional Control – Mount – Anchor & Base (L3)
4. Twisting Arm Control – Armbar Finish (L35)
5. Punch Block Series – Guard – Stages 1-2-4 (L8)
6. Elbow Escape – Side Mount – High Step (L33)
7. Take the Back – Guard (L31)
8. Rear Naked Choke – Strong Side Variation (L5)

### Mindset Minute

The Twisting Arm Control is a very effective way to force your opponent to roll to their knees since they will fear getting punched in the face. If ever you decide to go for the Armbar and your opponent begins rolling to their knees you **MUST** abort the Armbar and post your hands out for base, otherwise you will fall forward on your face and end up with nothing. In a fight and in life, you must know when to let go.