

Technique: Positional Control

Position: Side Mount

Overview

Your objective in a ground fight should be to neutralize the threat and subdue your opponent with the lowest level of force necessary. To achieve this, you'll want to rely on one of many fundamental ground control positions, not the least of which is Side Mount. This position gives you unparalleled control of your opponent with the lowest energy expenditure due to the inherently strong base it provides the top person and the rate at which it depletes the bottom person. In this lesson you will start by learning how to counter the most common escape attempts that a larger opponent is likely to use, and then you'll learn how to transition to the mount position once they have exhausted all their energy.

Technical Slices

1. Roll Prevention

- **Indicator:** Opponent attempts to escape by bridging and rolling explosively to either side
- **Essential Detail:** Keep hips low, chest heavy, and use hand and foot for base
- **Most Common Mistake:** Failure to switch to Modified Side Mount when the frame is applied
- **Core Principles:** Depletion (18), Pyramid (4)
- **Drill Orders:** Side mount start, control for 15-30 seconds, reverse roles

2. Guard Prevention

- **Indicator:** Opponent attempts to put you in their guard by pushing your hip and inserting the bottom leg
- **Essential Detail:** Early recognition of guard attempt and quick hip switch
- **Most Common Mistake:** Weak leg positioning and weight distribution while hips are switched
- **Core Principles:** Detachment (2), Prevention (13)
- **Drill Orders:** Side Mount start, control for 15 seconds, reverse roles

3. Mount Transition

- **Indicator:** Opponent exhausts their escape attempts and you wish to mount
- **Essential Detail:** Effective weight distribution and solid base points
- **Most Common Mistake:** Ineffective front side stretch of opponents blocking leg
- **Bad Guy Reminder:** Verify effective base points at each step of the technique
- **Core Principles:** Velocity (7), Pyramid (4)
- **Drill Orders:** Side Mount start, control for 15 seconds, mount transition, reverse roles

4. Bonus: Knee-on-Belly Control

- **Indicator:** Opponent is pushing you away from side mount too aggressively
- **Essential Detail:** Dynamic outer foot movement and absorption of energy
- **Most Common Mistake:** Failure to drop to side control when necessary
- **Core Principles:** Detachment (2), Reconnaissance (12)
- **Drill Orders:** Standing entry, 2 reps, disengage, reverse roles

Reflex Development Drill

Practice all variations of the

Positional Control – Side Mount (L13)

in combination with all variations of the

Positional Control – Mount (L3)

Fight Simulation Drill

1. Positional Control – Side Mount – Roll Prevention (L13)
2. Americana Armlock – Mount – Neck-Hug Variation (L2)
3. Punch Block Series – Guard – Stages 1-2-4-1 (L8)
4. Elevator Sweep – Guard – Headlock Variation (L11)
5. Armbar – Mount – Standard Variation (L9)

Mindset Minute

Strikes and submissions are typically more achievable from the mount, but control is better in side mount. As a result, do not rush to the mount. Instead, focus on establishing a good base and allowing your opponent to burn all their energy, so that when you finally transition to the mount your opponent will be too exhausted to avoid defeat.

Street Tip: Weapon Considerations

If you find yourself in an altercation, and the opponent brandishes a weapon, get out and to safety as quickly as possible. If your exit would put others in harm's way, then focus on pinning the weapon bearing arm to the ground while dismounting to the opposite side. This cross control will allow you to maintain control of the weapon while maintaining your balance at the same time. You'll learn more about these techniques including what to do if you end up underneath the knife in the Master Cycle program.