

**Technique:** Take the Back

**Position:** Mount

### Overview

The mount is unquestionably the best place to be in a fight. Once you achieve the mount you must focus all your efforts on maintaining the position. Nine times out of ten, your opponent will fear getting punched in the face and will instantly roll to their knees. If you don't respond to their roll correctly, you will fall off. Knowing how to achieve the back mount will ensure that you do not lose control and that you take advantage of the opportunity they are creating. In this lesson you will learn how to Take the Back as well as what to do if the opponent begins to slip away from your back mount control.

### Technical Slices

#### 1. Take the Back

- *Indicator:* Opponent rolls to their knees to escape the mount
- Essential Detail: Effective back hook entry
- Most Common Mistake: Ineffective torso alignment while on back
- Bad Guy Reminder: Get up on your shoulder, not your elbow
- Safety Tip: Remain weightless until partner is on all fours
- Core Principles: Acceptance (6), Buoyancy (27)
- Drill Orders: Mount start, 1 rep, reverse roles

#### 2. Remount Technique

- *Indicator:* Opponent compromises your hooks to escape your back mount
- Essential Detail: Effective hook transfer to full mount and constant closeness
- Most Common Mistake: Too much movement in too little time
- Core Principles: Clock (8), Ratchet (26)
- Drill Orders: Mount start, 1 rep with Remount, reverse roles

#### 3. Bonus: Rider Transition

- *Indicator:* Opponent rolls aggressively to their knees
- Essential Detail: Heavy and low modified mount position
- Most Common Mistake: Failure to use bodyweight to delay the roll
- Core Principles: Tagalong (23), Depletion (18)
- Drill Orders: Mount start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of*

Positional Control – Mount (L3)

*in combination with all variations of*

Take the Back – Mount (L4)

### Fight Simulation Drill

1. Trap & Roll Escape – Mount – Punch Block (L1)
2. Positional Control – Mount – High Swim (L3)
3. Take the Back – Mount – Remount (L4)
4. Americana Armlock – Mount – Standard (L2)

### Mindset Minute

If your opponent tries to push you off from the mount, use effective hip pressure and hand positioning to maintain control. If your opponent decides to roll to their knees explosively, you must immediately remove your hooks and prepare to take the back. Failure to remove your hooks at the right time will cause you to lose the dominant position and end up on the bottom of the fight.