

**Technique:** Punch Block Series (Stage 5)

**Position:** Guard

### Overview

From Stage 4 it is important that you drop your opponent back to Stage 1 as quickly as possible so that you are safest from punches and have the best control over their body. If, while in Stage 4, your opponent is not leaning forward heavily enough to be dropped to Stage 1, it is best to kick them away to Stage 5. In this lesson you will learn how to defend from Stage 5 as well as what to do if the opponent tries to throw your legs aside in their quest for a knockout punch.

### Technical Slices

#### 1. Stage 5

- **Indicator:** Opponent refrains from leaning forward in Stage 4 of the Punch Block Series
- **Essential Detail:** Use your front leg to push and pivot while keeping the other leg coiled and ready to kick
- **Most Common Mistake:** Blocking leg too extended making it too easy to grab
- **Bad Guy Reminder:** From Stage 5 move side to side then rush in for a punch
- **Core Principles:** Distance (3), Clock (8)
- **Drill Orders:** Stage 1 start, cycle: 1-4-5-4-1, reverse roles

#### 2. Rollover Technique

- **Indicator:** Opponent grabs your leg and throws it aside to punch or pass
- **Essential Detail:** Tight core and effective shoulder turn during rollover motion
- **Most Common Mistake:** Swiping instead of blocking with the rollover leg
- **Bad Guy Reminder:** Throw the leg and then step forward so that your partner has something to block
- **Core Principles:** Tagalong (23), Frame (10)
- **Drill Orders:** Stage 5 start, conduct 3 rollovers on each side, reverse roles

#### 3. Bonus: High-Low Guard

- **Indicator:** Opponent throws your legs aggressively to pass your guard
- **Essential Detail:** One leg over the head, one leg blocking the opponent's torso
- **Most Common Mistake:** Failure to keep your head away from opponent's control
- **Bad Guy Reminder:** Aim for head control as you pass the guard
- **Core Principles:** Connection (1), Head Control (28)
- **Drill Orders:** Standing open guard start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Punch Block Series (Stage 5) – Guard (L27)

*in combination with all variations of the*

Shrimp Escape – Side Mount (L24)

### Fight Simulation Drill

1. Guillotine Choke – Standing – Guard Pull Variation (L23)
2. Punch Block Series – Guard – Stages 1-4-5-1-5 (L27)
3. Double Leg Takedown – Standing – Aggressive (L17)
4. Headlock Escape 2 – Side Mount – Super Base (L22)
5. Take the Back – Mount (L4)
6. Rear Naked Choke – Back Mount – Strong Side (L5)
7. Triangle Choke – Guard – Giant Killer Variation (L10)

### Mindset Minute

If your opponent backs up far enough, do not hesitate to stand up in base. If your opponent rushes in for a punch, use both feet to block their hips then drop them into Stage 1 immediately after the first punch is thrown. If they throw your legs aside for easier access to your face use the Rollover Technique stop them, and if the Rollover Technique doesn't work, you may need to resort to the Shrimp Escape from the side mount.