

Technique: Kimura Armlock

Position: Guard

Overview

The Kimura shoulder lock was named after the Japanese Jiu-Jitsu champion, Masahiko Kimura, after he used the technique against Helio Gracie in 1951. Although this technique can be applied from several different positions, we have chosen to teach it to you from the bottom of the guard, since that is where you are most likely to end up against a larger opponent. In the first slice you will learn the Basic Application, then we'll discuss two reliable variations that can be applied from the guard.

Technical Slices

1. Basic Application (Preparation Drill)

- **Essential Detail:** Effective double wrist grab and 90-degree elbow bend
- **Most Common Mistake:** Failure to acquire the proper hip and body angle
- **Safety Tip:** Squeeze very slowly
- **Bad Guy Reminder:** Start with both hands planted on the ground
- **Core Principles:** Overload (24), Anchor (25)
- **Drill Orders:** Guard start, 1 rep, reverse roles

2. Rider Variation

- **Indicator:** Opponent pushes off the ground from within Stage 1 guard control
- **Essential Detail:** Effective head control and hip scoot during the "ride"
- **Most Common Mistake:** Grabbing the wrist too soon
- **Core Principles:** Tagalong (23), Velocity (7)
- **Drill Orders:** Guard start, 1 rep, reverse roles

3. Forced Variation

- **Indicator:** Opponent exhausts and remains stationary in Stage 1 guard control
- **Essential Detail:** Scoot hips to the side of the opponent's head to facilitate the Get-Up
- **Most Common Mistake:** Failure to use one hand to push the head under the other armpit
- **Core Principles:** Redirection (29), Ratchet (26), Overload (24)
- **Drill Orders:** Guard start, 1 rep, reverse roles

4. Bonus: Stage 1.5 Variation

- **Indicator:** Opponent is being controlled in Stage 1.5
- **Essential Detail:** Effective counter pressure generated by your knee and hand
- **Most Common Mistake:** Failure to redirect the opponent's head out of your chest
- **Core Principles:** Tension (14), Redirection (29), Grandmaster (32)
- **Drill Orders:** Guard start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of the

Guillotine Choke – Standing (L23)

in combination with all variations of the

Kimura Armlock – Guard (L25)

Fight Simulation Drill

1. Trap & Roll Escape – Mount – Headlock Variation (L1)
2. Positional Control – Mount – Low Swim (L3)
3. Headlock Counters – Mount – Back Mount Finish (L16)
4. Rear Naked Choke – Back Mount – Weak Side (L5)
5. Punch Block Series – Guard – Stages 1-4 (L8)
6. Shrimp Escape – Side Mount – Shrimp & Shoot (L24)
7. Kimura Armlock – Guard – Forced Variation (L25)

Mindset Minute

Allow your opponent to exhaust their initial barrage of punches before attempting the Kimura so they will have less energy to escape once you attack. Focus most of your efforts on effectively shooting your top arm into position since that is the arm that will prevent their escape. Once the double wrist grab is established, hug it tight, keep it bent, and focus on scooting out to achieve the proper body angle, because without it you have no breaking leverage.