

Technique: Elbow Escape

Position: Mount

Overview

Any time you find yourself trapped underneath your opponent in the mount position you should aim to use the Trap & Roll Escape, since it will place you on top of the fight. If your opponent is too big, or the Trap & Roll is not possible, the Elbow Escape will serve as your emergency escape. First, you will learn the Standard Elbow Escape and then you'll learn several variations to call on when the primary doesn't work.

Technical Slices

1. Standard Elbow Escape

- **Indicator:** Opponent prevents the Trap & Roll Escape by establishing wide base from the mount
- **Essential Detail:** Curl body sideways during knee shove and flat leg removal
- **Most Common Mistake:** Failure to consider strikes and prevent posture throughout the technique
- **Bad Guy Reminder:** Keep your body rigid to make it realistic
- **Core Principles:** Frame (10), Mobility (30)
- **Drill Orders:** Mount start, 1 rep, reverse roles

2. Hook Removal

- **Indicator:** Opponent inserts the leg hooks or "grapevines" for better control
- **Essential Detail:** One foot helps the other to remove hook
- **Most Common Mistake:** Forgetting to block the knee with hand during hook removal process
- **Bad Guy Reminder:** Insisting on the grapevines can cause you to sustain a knee injury
- **Core Principles:** Ratchet (26), Tension (14)
- **Drill Orders:** Mount start, 1 rep, reverse roles

3. Fish Hook

- **Indicator:** Opponent resists the Standard Elbow Escape by keeping their leg heavy
- **Essential Detail:** Use elbow or hand to shove leg south to facilitate the Fish Hook
- **Most Common Mistake:** Failure to use the flat leg to expose the opponent's foot
- **Core Principles:** Connection (1), Redirection (29)
- **Drill Orders:** Mount start, 1 rep, reverse roles

4. Heel Drag

- **Indicator:** Opponent neutralizes the Fish Hook by keeping their knee heavy while making the foot light
- **Essential Detail:** Use your flat leg to chock the opponent's lower leg off the ground
- **Most Common Mistake:** Weak ankle bite with the back leg
- **Core Principles:** Reconnaissance (12), Pivot (22)
- **Drill Orders:** Mount start, 1 rep, reverse roles

5. Bonus: Surprise Rolls

- **Indicator:** Opponent locks up from half guard to prevent the second leg removal
- **Essential Detail:** Bridge and roll in the direction the opponent is most off balance
- **Most Common Mistake:** Failure to revert back to Elbow Escape when opponent bases out to avoid the roll
- **Bad Guy Reminder:** Change your behavior with each repetition
- **Core Principles:** Kuzushi (11), Creation (5), River (9)
- **Drill Orders:** Mount start, Elbow Escape to half guard, Surprise Roll, reverse roles

Reflex Development Drill

Practice all variations of the Elbow Escape – Mount (L12) in combination with all variations of the Triangle Choke – Guard (L10)

Mindset Minute

Always attempt the Trap & Roll Escape first because it will put you on top of the fight. If you cannot Trap & Roll your opponent, then use the Elbow Escape to achieve the guard against virtually any opponent. While not as dominant as the mount, from the guard you can neutralize punches, exhaust your opponent, and eventually win the fight. For this reason, you must master all variations of this "emergency escape" from the mount position.

Fight Simulation Drill

1. Elbow Escape – Mount – Hook Removal (L12)
2. Punch Block Series – Guard – Stages 1-2-1 (L8)
3. Elevator Sweep – Guard – Standard Variation (L11)
4. Take the Back – Mount (L4)
5. Rear Naked Choke – Back Mount – Weak Side (L5)