

**Technique:** Headlock Counters

**Position:** Mount

### Overview

The goal in a fight is to achieve the mount where you can control and exhaust your opponent with relative ease. Once you accomplish this, your opponent will panic and desperately attempt to escape. One of the most common escape strategies used by unskilled individuals is to establish a headlock and throw you off of them. The Headlock Counters from the mount will keep you from getting rolled off of a larger opponent and prepare you to take advantage of the submission opportunities that will inevitably arise. First, you will learn how to prevent the escape attempts, and then you will learn how to finish the fight in two different ways.

### Technical Slices

#### 1. Basic Positioning (Preparation Drill)

- **Essential Detail:** Smooth transition to modified mount and solid hand base
- **Most Common Mistake:** Incorrect back knee position and hips too high
- **Bad Guy Reminder:** Check partner's base by twisting the headlock
- **Core Principles:** Acceptance (6), Mobility (30)
- **Drill Orders:** Mount start, 1 rep on each side, reverse roles

#### 2. Prevent the Get-Up

- **Indicator:** Opponent attempts to roll to their knees with the headlock intact
- **Essential Detail:** Effective head positioning to keep your opponent's shoulders slightly supine
- **Most Common Mistake:** Failure to revert back to full mount when the opponent turns back in
- **Core Principles:** Tension (14), Pyramid (4)
- **Drill Orders:** Mount start, 3 reps, reverse roles

#### 3. Back Mount Finish

- **Indicator:** Opponent releases the headlock and rolls to their knees
- **Essential Detail:** Good hand base and quick back hook entry
- **Most Common Mistake:** Weak torso and head alignment from back mount
- **Core Principles:** Creation (5), Buoyancy (27)
- **Drill Orders:** Mount start, 1 rep, reverse roles

#### 4. Armbar Finish

- **Indicator:** Opponent exhausts their escape attempts but keeps the headlock intact
- **Essential Detail:** Effective frame positioning and "slack" removal
- **Most Common Mistake:** Using neck strength instead of body weight to apply pressure
- **Safety Tip:** Avoid kicking partner's nose/mouth during armbar spin
- **Core Principles:** Frame (10), Fork (15), Tension (14)
- **Drill Orders:** Mount start, 1 rep, reverse roles

#### 5. Bonus: Guillotine Dismount

- **Indicator:** Opponent catches a guillotine choke from mount bottom
- **Essential Detail:** Dismounting to the opposite side of the choke
- **Most Common Mistake:** Failure to keep your neck tucked for protection
- **Bad Guy Reminder:** Make sure our partner's hips aren't so high that they become rollable
- **Core Principles:** Pivot (22), Detachment (2)
- **Drill Orders:** Mount start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Elevator Sweep – Guard (L11)

*in combination with all variations of the*

Headlock Counters – Mount (L16)

### Fight Simulation Drill

1. Elbow Escape – Mount – Fish Hook (L12)
2. Elevator Sweep – Guard – Standard (L11)
3. Headlock Counters – Mount – Armbar Finish (L16)
4. Triangle Choke – Guard – Giant Killer (L10)

### Mindset Minute

When your opponent grabs you in a headlock from the bottom of the mount, keep in mind that time is on your side. The harder they try to escape, the quicker they will exhaust. Don't be in a hurry to win, instead just focus on maintaining a good position and the submission opportunities will soon follow.