

Technique: Armbar

Position: Mount

Overview

The goal in the fight is to achieve the mount because from there we can deplete our opponent and eventually submit them with ease. When you mount an opponent, it is very common for them to reach for your chest or throat in their escape attempt, and this creates the perfect opportunity for the Armbar. The Armbar is one of the most dynamic submissions in jiu-jitsu since it can be applied from virtually any position, and it can be used to incapacitate even the largest opponent. In this lesson, you will learn how to apply the Armbar from the mount, and in future lessons you will learn it from other positions in the fight.

Technical Slices

1. Final Control (Preparation Drill)

- **Essential Detail:** Use legs to neutralize the head slip, elbow pullout, and sit-up attempts
- **Most Common Mistake:** Fixating on the arm control, instead of focusing on the leg control
- **Safety Tip:** Do not apply pressure until bad guy has tested all 3 control elements, squeeze slowly
- **Core Principles:** Anchor (25), Overload (24)
- **Drill Orders:** Armbar start, 10-15 seconds of control, slow pressure, reverse roles

2. Standard Variation

- **Indicator:** Opponent reaches up for your chest or throat with one or both hands
- **Essential Detail:** Effective set-up step to open the hips and facilitate the spin
- **Most Common Mistake:** Landing with hips too far from opponent's shoulder
- **Core Principles:** Pivot (22), Isolation (11)
- **Drill Orders:** Start from mount, 1 repetition, reverse roles

3. Side Variation

- **Indicator:** Opponent turns sideways underneath you but does not roll to their knees
- **Essential Detail:** Effective weight distribution on the opponent's ribs during the southward lean
- **Most Common Mistake:** Committing to Armbar too soon (you must first verify that opponent is not rolling to their knees)
- **Safety Tip:** Avoid kicking your partner in the face with your heel during the spin
- **Core Principles:** Head Control (28), Fork (15)
- **Drill Orders:** Mount start, 1 rep, reverse roles

4. Bonus: S-Mount Variation

- **Indicator:** Opponent's elbows are exposed but their arms aren't fully extended
- **Essential Detail:** Effective slide into s-mount position
- **Most Common Mistake:** Ineffective balance in the s-mount
- **Core Principles:** Pyramid (4), Creation (5)
- **Drill Orders:** Mount start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of the

Trap & Roll Escape – Mount (L1)

in combination with all variations of the

Armbar – Mount (L9)

Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Leg Hook Takedown – Standing (L6)
3. Positional Control – Mount – High Swim (L3)
4. Take the Back – Mount – Remount (L4)
5. Armbar – Mount – Side Variation (L9)

Mindset Minute

The sooner you go for the Armbar, the more likely your opponent is to escape. Allow your partner to exhaust before spinning for the arm so that they won't have the energy to escape. When you catch it, focus entirely on the leg control, since breaking the arm is the easy part. If your opponent is too big, and your legs don't reach the ground during the final control, don't worry, just keep your legs heavy and you'll be fine. Remember, in a real situation, you will only need to control the final position for a fraction of a second before you hyper-extend the elbow.

Street Tip: Multiple Attackers

There is no technique or martial art that is 100% reliable against multiple attackers, and anyone who tells you otherwise is lying to you. What we do know, however, is that the ground is the last place you want to be against multiple attackers, which is why jiu-jitsu is so important. Only once you truly understand the intricacies of a ground fight will you be able to escape one on a moment's notice if your life depends on it.