

Technique: Headlock Escape 1

Position: Side Mount

Overview

Besides punches, headlocks are the single most common form of aggression used by untrained individuals on the streets. Although they aren't as effective as a true submission hold, getting caught in a headlock by a stronger opponent can be a very painful and demoralizing experience. The Frame Escape is the first of two headlock escape strategies that we recommend you perfect for use against larger adversaries in a ground fight. In this lesson, you will start by learning the Standard Frame Escape, and then you will see what to do if it doesn't work.

Technical Slices

1. Standard Frame Escape

- **Indicator:** Opponent establishes a headlock from the top side mount position
- **Essential Detail:** Sideways body position and quick frame entry
- **Most Common Mistake:** Insufficient hip scoots
- **Bad Guy Reminder:** Observe the proper way to establish a headlock
- **Safety Tip:** Tighten neck muscles to prevent injury to the trachea during the scissor choke
- **Core Principles:** Frame (10), Pivot (22)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

2. Scissor Follow-Up

- **Indicator:** Opponent effectively resists the Scissor Choke
- **Essential Detail:** Strategic release of the Scissor Choke for optimum control
- **Most Common Mistake:** Weak leg work during transition
- **Bad Guy Reminder:** Neutralize the initial choke by turning and tucking chin
- **Core Principles:** Detachment (2), Pyramid (4)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

3. Super Lock Variation

- **Indicator:** Opponent does not release the headlock when you execute the Standard Frame Escape
- **Essential Detail:** Use the momentum from the initial scissor initiate the Follow-Up
- **Most Common Mistake:** Failure to get the leg over the head and chop effectively
- **Bad Guy Reminder:** Hold the headlock snug enough to avoid the first two variations
- **Safety Tip:** Be careful not to hurt your partner's neck during the chop
- **Core Principles:** Momentum (21), Tagalong (23)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

4. Bonus: Headlock Prevention

- **Indicator:** Opponent attempts to wrap your neck in a headlock
- **Essential Detail:** Effective arm control and heavy head pressure
- **Most Common Mistake:** Failure to recognize early headlock indicator/preparation
- **Core Principles:** Anchor (25), Prevention (13)
- **Drill Orders:** Side mount start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of

Headlock Escape 1 – Side Mount (L18)

in combination with all variations of the

Headlock Counters – Mount (L16)

Fight Simulation Drill

1. Double Leg Takedown – Standing – Aggressive (L17)
2. Positional Control – Side Mount – Guard Prevention (L13)
3. Positional Control – Mount – High Swim (L3)
4. Armbar – Mount – Side Variation (L9)
5. Punch Block Series – Guard – Stages 1-3-4 (L8)
6. Headlock Escape 1 – Side Mount – Super Lock (L18)
7. Headlock Counters – Mount – Armbar Finish (L16)

Mindset Minute

Although headlocks are rarely used by skilled opponents, you must learn and perfect all of the escape techniques since you will almost certainly need them against any unskilled, larger street fight opponent.

Street Tip: Elevation Awareness

Besides the traction and impact concerns of various terrains, one factor unique to street fights is the existence of various elevations and obstacles. Be aware of steps, roots, curbs, stumps, and other objects that would cause you to trip, particularly while you're keeping the distance in a standing altercation. Fortunately, even if you do trip and end up on the ground, it's no big deal since you know jiu-jitsu.