

Technique: Headlock Escape 2

Position: Side Mount

Overview

Headlocks are one of the most common attacks in street fights. If you can anticipate the headlock before it happens, chances are you will be able to use Headlock Escape 1, the Frame Escape, to neutralize the threat. If you are caught by surprise, and don't have enough time to use the first option, you can resort to option number two - the Leg Hook Escape. In this lesson, you will learn the Standard Leg Hook escape along with two variations that you might need if the opponent resists.

Technical Slices

1. Standard Leg Hook Escape

- **Indicator:** Opponent establishes a tight headlock and neutralizes Headlock Escape 1
- **Essential Detail:** Sideways body and inside elbow tuck
- **Most Common Mistake:** Pulling yourself up rather than pushing off the ground
- **Bad Guy Reminder:** Observe the proper way to secure a headlock
- **Safety Tip:** Insert leg hook carefully to avoid kicking your partner in the groin
- **Core Principles:** River (9), Buoyancy (27)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

2. Super Base Variation

- **Indicator:** Opponent establishes a very wide base and prevents the rollover
- **Essential Detail:** Effective use of the front hand/foot to clear the base knee of the opponent
- **Most Common Mistake:** Failure to continue the roll immediately after the base leg is cleared
- **Bad Guy Reminder:** Be careful with the twist this technique puts on your lower back
- **Core Principles:** Pyramid (4), Kuzushi (11)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

3. Punch Block Variation

- **Indicator:** Opponent attempts to punch while maintaining the headlock
- **Essential Detail:** Use both arms to control the punch initially then release grips as you climb over
- **Most Common Mistake:** Failure to tuck bottom arm in prior to the shoulder get-up
- **Core Principles:** Anchor (25), Overload (24), Sacrifice (20)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

4. Bonus: Surprise Roll

- **Indicator:** Opponent drives towards you with their weight, negating the leg hook
- **Essential Detail:** Shifting the hips under the opponent prior to the reversal
- **Most Common Mistake:** Not selling the leg hook prior to the direction change
- **Bad Guy Reminder:** Drive all your weight over the opponent
- **Core Principles:** Reconnaissance (12), Redirection (29), Creation (20)
- **Drill Orders:** Headlock start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of

Headlock Escape 2 – Side Mount (L22)

in combination with all variations of

Headlock Escape 1 – Side Mount (L18)

Fight Simulation Drill

1. Clinch – Standing – Conservative (L15)
2. Leg Hook Takedown – Standing (L6)
3. Punch Block Series – Guard – Stages 1-4-1 (L8)
4. Armbar – Guard – Triangle Transition (L19)
5. Triangle Choke – Guard (L10)
6. Headlock Escape 2 – Side Mount – Standard (L22)
7. Headlock Counters – Mount – Armbar Finish (L16)

Mindset Minute

The most important detail in any headlock escape is that your body is sideways and your elbow is tucked. Try to anticipate the headlock so that you can use the Frame Escape to neutralize the threat, and if this option fails quickly transition to the Leg Hook Escape. If you ever are having difficulty inserting the leg hook during Headlock Escape 2, consider resorting back to Headlock Escape 1 by inserting a quick and powerful frame.

Street Tip: Egos & Alcohol

The hardest fights are the ones we walk away from. Losing control of your emotions and getting into a fight to keep your fragile ego intact is the easy choice. The real challenge is to know you could fight but choose not to. When you remove egos and alcohol from the equation it's easy to see that the ONLY good reason to fight is if someone's life is in danger.