

**Technique:** Armbar

**Position:** Guard

### Overview

The most common type of attack you will encounter from an opponent who is trapped inside your guard is a punch to the face. Once they realize that they can't effectively punch you they will try to get access to your neck or face by any means necessary. Whenever someone attacks your neck or face from within your guard, they are giving you the opportunity to catch them in an Armbar. In this lesson you will learn two variations of the Armbar as well as what to do if the opponent escapes by pulling their arm out.

### Technical Slices

#### 1. Low Variation

- **Indicator:** Opponent swims inside to attack your chest or throat with their head low
- **Essential Detail:** Constant head control and effective body angle
- **Most Common Mistake:** Weak inside leg movement and body bite
- **Bad Guy Reminder:** Help your partner achieve the 90-degree angle if they have trouble
- **Core Principles:** Head Control (28), Pivot (22)
- **Drill Orders:** Guard start, 1 rep, reverse roles

#### 2. High Variation

- **Indicator:** Opponent attacks your chest or throat with fully extended arms and their head high
- **Essential Detail:** Quick angle acquisition and high hip shot
- **Most Common Mistake:** Weak clamps with both legs
- **Bad Guy Reminder:** Sit tall and grab throat with extended arms while leaning forward
- **Safety Tip:** Squeeze very slow since the arm is already fully extended
- **Core Principles:** Momentum (21), Overload (24)
- **Drill Orders:** Guard start, 1 rep, reverse roles

#### 3. Triangle Transition

- **Indicator:** Opponent pulls their arm out during your Armbar attempt
- **Essential Detail:** Quick transition to the Triangle Setup position with constant high hips
- **Most Common Mistake:** Late reaction to the pull out with sagging hips
- **Safety Tip:** After the transition walk your shoulders back to avoid the spinal stack
- **Core Principles:** Fork (15), Acceptance (6)
- **Drill Orders:** Guard start, 1 rep, reverse roles

#### 4. Bonus: Cross Grip Variation

- **Indicator:** Opponent is kneeling inside your guard
- **Essential Detail:** Solid cross grip control of the arm and effective pivot
- **Most Common Mistake:** Failure to bite high enough with the inside leg
- **Core Principles:** Anchor (25), Pivot (22)
- **Drill Orders:** Guard start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Elbow Escape – Mount (L12)

*in combination with all variations of the*

Armbar – Guard (L19)

### Fight Simulation Drill

1. Clinch – Standing – Conservative Opponent (L15)
2. Body Fold Takedown – Standing (L14)
3. Positional Control – Mount – Anchor & Base (L3)
4. Take the Back – Mount (L4)
5. Punch Block Series – Guard – Stages 1-2-1 (L8)
6. Armbar – Guard – High Variation (L19)

### Mindset Minute

Punch protection is the number one concern from the guard. Only if your opponent's arms are exposed and they are not actively punching should you consider an Armbar, and once you commit, go for it. If you go for the Armbar and your opponent falls over onto their back, simply sit up, adjust your hips and finish it. You'll either catch the arm or they'll pull out and you'll transition to the Triangle – you win, or they lose?