

Metadata: <https://www.youtube.com/watch?v=Erkja3-Jbbs>

I want to show you guys a really, really nasty arm lock from the mount. And it's used anytime my opponent does a very, very, I wouldn't say it's typical, but it's a common escape. A lot of people see it. It usually works a little bit better for guys that are more flexible, but it's an escape that a lot of people use from the high mount. So laying down here. And so what happens a lot of times is, especially if I have a little bit of a higher mount, the person will start to push up underneath my armpits, get me really high, and then he'll swing his leg and bring either one leg or both legs inside and start to stretch me away. And so we all know that stretching your arms from the mount is a really, really bad thing to do. We all know that you're not supposed to be pushing from the mount, you're not supposed to be stretching your arms. But the problem is, if you don't know how to attack the arm, if you don't know how to take advantage of that push, you're going to be late or you're going to lose something. You're going to lose the opportunity. So one more time. So when he goes to push me, as I start to go up high, all I'm going to do is I'm just going to slide my knee over his head. Once I slide my knee over his head, I'm just pinching tight. So what you can see is his arm is stuck here. And from here, all I'm going to do is just reach and break. So I actually don't even need to step over the head. I don't even need to bring my foot over. I just need to be pinching tight with my knees. So one more time here. So when he goes to push, as I go, I'm just going to pick one side and my knee slides over. From here, I just secure the arm and finish. So we'll do it from this situation so you guys can see. When he goes to push me high and I feel like I'm falling off, I keep my hip low and I just slide my knee over. Slide my knee up. Do you feel you can get out right now? No. So what's really important is the pinching tight of my knees. Slide my knee over, pinch tight, and I just take his wrist. So it can all be done in one really fast movement. He goes to push, see, slide up, and catch the arm. Alright, so really, really easy arm lock from that position from someone pushing up underneath your armpits. You're just going to go with it. Slide all the way up, but as you go up, make sure you slide your knee over the shoulder, all the way up over the head, and pinch tight with your knees. What will happen is their arm will be caught in there, and then all you have to do is secure the wrist and engage your hip a little bit and the arm is gone. For more information visit [www.FEMA.gov](http://www.FEMA.gov)