

Metadata: <https://www.youtube.com/watch?v=8FbGenSia08>

Ok guys, we're here today with John Danner, huge honor for me, Placido, and guys, John just finished shooting the 7th part of the New Wave series, which is all about mount attacks and mount control, right John? So, can you explain a little more? I'm actually really looking forward to this one. From the time my students started competing in grappling, they were mostly known as people who came out, called bottom position, guard position, and worked lower body submissions. And for the longest time I think people had the impression that was all that we teach. And then they were rather surprised when many of my students started switching their emphasis from bottom position lower body attacks to top position upper body attacks. In general, I have a philosophy of coaching submission grappling, which puts the emphasis on bottom position, you attack the lower body first, everything else second. And top position, you focus on passing first and upper body submissions first and lower body second. That's the breakdown. Obviously there are exceptions to that rule, but that's the general philosophy that I coach. So people were surprised when they saw that, in fact, my students are very powerful pinners once they get the side control, work their way into mount position. Their submission percentage is just as high in the upper body top as it is in lower body bottom half of the body. So this caught a lot of people by surprise, I think, and changed their perceptions of our coaching program. I wanted to show in this video exactly what I show my students, what makes them effective once they've passed an opponent's guard and gotten to top pins, what makes them able to get to the mount, what makes them able to enact this extraordinarily high submission rate from mount to position. And a good way to couch this for your viewers is in terms of how does the mount to position work in the sport of Jiu-Jitsu? Because the first day you come into class, what's the first thing I teach you? Get past your opponent's legs, work your way through the pins and get to the mount. Okay, that makes sense. Why? Well, when you look at it, Jiu-Jitsu as it was originally conceived was inextricably linked to self-defense and fighting. And the whole central idea of pinning in Jiu-Jitsu was that pinning was allied with striking. The whole idea of what makes a pin valuable in Jiu-Jitsu is that you can get to a position where you can hit people. And once you start hitting them, they go into defensive reactions, they turn, they put arms up, which makes submission easy. The greatest cliché in Jiu-Jitsu and one you hear more than anything else is that you get position first and submission second. And as long as you're engaged in the action of striking out of pins, that makes perfect sense. But then something interesting happens. You get situations where you take the striking out and you build the sport of just pure grappling. And now you've got to start looking at pins differently. Now you're looking at situations where you get to positions like the mount, you can't hit people on grappling, obviously. So where does the submission come from? If your opponent's got skills, he's not going to panic. He's been mounted plenty of times before. He's going to keep his elbows in, he's going to keep his body compact. And now you can get the position, but when it's time to convert it into a submission, it's a lot harder than you thought. This guy's not giving you anything for free, and now he knows how to escape. He's got his elbows inside your knees, and it's like, oh my god, I get these positions. I can hold people down, but I can't finish people. And then you see someone like Gordon Ryan, almost every time he gets mounted, he's finishing. He's converting the pin to a submission. Yeah, I have seen Gordon fighting against some of the highest guys that it's the hardest to stay on the mount. Like Matheus, for example, one of the people that I train the most. And he has something different about the mount, no gi. That's very rare to find. I really wanted to portray that in this video. I don't think a lot of people understand how difficult it is to stay mounted on someone who's a world champion like Matheus. It's like trying to ride a mechanical bull. It's really difficult. And then suddenly you've got Gordon who can stay there for literally 5, 6, 7 minutes at a time with no problems. And you've got to ask yourself, what is he doing differently? We all know what the mount position is, but one guy's doing it differently. What's the secret? Now, when we get back to that idea that in Jiu Jitsu, as it was originally conceived, pinning

and striking were completely tied together. Suddenly you've got submission grappling, where pinning and striking kept apart. How are you going to start attacking people successfully? A lot of people just abandon the mount. If you talk to a lot of modern athletes in the sport, they say, Hey, if I'm not allowed to punch someone, it's not worth it to me to get mounted. If there's no points for getting mounted in submission grappling, it's not worth it. I'm better off staying in side control. It's more stable. And just submit them from there. And Joe, especially against your team, because the mount becomes dangerous when the person on board is very good at heel hooks and that kind of stuff. Every time he gets out, your legs are open for attack. So it's like doubly hard in that situation. So there's a lot of feeling now that, you know what, if strike's not involved, dude, I'm better off just staying in side control and working from there. And you see a lot of people do take that philosophy. But that's where things start getting interesting. The two greatest grapplers I ever saw in my life were Gordon Ryan and Hodger Gracie. I never saw anyone better than those two. And yet what did they both have in common? Very strong mount position. Every time they pass the guard, they're never satisfied with side control. They always get mounted, even when points aren't involved. So you've got to ask yourself, why do the two best of all time insist on the mounted position under all circumstances? And neither one of those guys gives a damn about points. Okay, Hodger doesn't care about winning by points. Gordon certainly doesn't. For them, it was all about submitting people. Why did the two best guys of all time insist on the mounted position and were never satisfied just with side control or north-south or something like that? That's a fascinating question. Now, if you look at it, they had different solutions to the problem of mount. They both focused on the mount, but Hodger's mount philosophy was mostly based around his gi game and the use of collars. He could put pressure on people through the collars that created reactions, and his whole game came off that. Gordon does it in a no-gi context. Now, because this is a no-gi video, and because I'm Gordon's coach, I wanted to show the system that I use, that I taught to Gordon, and which he uses so successfully from top position mount. This is the 4x4 mount system. The idea is, when jiu-jitsu first started, and pinning and striking were closely allied, the idea is when you got to the mount, you use the pressure of striking to create panic reactions that open people up to submissions. Now, you got to ask yourself, how do you create panic reactions when you're not allowed to strike? Hodger did it through the collars. How are we going to do it with no-gi? And the answer is, you attack his breathing. You attack his breathing. If the guy can't breathe, they start to panic. They start to panic. I don't care how good they are. They're no longer thinking about, how am I going to get out of the mount? They're thinking about, where am I going to get my next fucking breath? When they're thinking in those terms, they start panicking, they start getting reactions, their arms get extended, people turn their back, and life becomes a lot easier when you're hunting for submission holds. The way you attack their breathing from the mount is very interesting. When you attack their breathing from the mount, and the single greatest advantage of the mounted position over side control is that you can make a direct attack on the passage of air to the lungs, through the nose and the mouth. Because the alignment of the mount head-to-head enables you to use your chest to cover their nose and mouth. And when they can't breathe, it's easy to submit people. It's easy to control them. Let's have a look at how this might work. If I'm across someone's side, I can put a lot of mechanical pressure on them with things like cross-faces. I can attack their breathing through their diaphragm and lungs. For example, if I have an underhook on someone, and draw it in, and I put my elbow over someone like so, and I put weight over their body, I can attack Posido's breathing through the lungs, but it's an indirect attack. There's nothing physically blocking his airway. It's uncomfortable, and you can hear Posido's having a hard time breathing because I'm literally putting a big percentage of my body weight over his lungs, but it's an indirect attack. It's an attack on his ability to expand his ribcage. Now compare that with the mounted position. Now, because I'm lined up with my training partner, I can use the mobility of switching between standard mounted positions where

my feet are below his hips to high mounted positions where my knees start coming up into his armpits. What we need is a means of getting my chest over an unprotected face where the nostrils and mouth get covered. Our standard means of doing this is to create situations where I can get to an underhook. So in the 4x4 system, the first thing is to establish an underhook. Once we come in on a training partner, there's many ways to do this. I'll show those in the video, but most of them involve exposing our training partner's tricep. Once we get to a tricep, even when he tries to return the arm back down, you've got that underhook, it won't be easy. Now we get head control. From head control, we lift, expose the shoulder. We now have a full cross face. The cross face involves gripping the lat muscle, not the side of the neck. Now, I'm down ready. From here, I have the standard mount. I often go to a closed standard mount with the feet locked, just like so. As he tries to bring his arm in defensively, our whole thing is to start that finger walking action. Bringing our training partner's arm up, using the movement of my head to lever his arm. I never just use my arm alone, make a strong arm pass through. My arm alone will never move his elbow. It's the movement of my head and torso which enables us to progressively bring his elbow up above the shoulder line and get to step 2. Once we get to step 2, we have to expose our training partner's head to our hand, just like so. Now, I lift his head off the floor and get to my own elbow. Now from this position, I need to clear his arm off my back. So we hit the shoulder shrug, where I turn my body and shrug my shoulder. As a result, I now have his head caught in this chest rat position. I have a single arm and a chest rat. Now, I walk my chest rat forward and I convert into a high mount like so. I place my whole chest over Placido's face and bring my head down so that my feet can go underneath his back. Now Placido is trying to breathe and can't so we get a complete closure. Now bear in mind fellas that Placido started this exercise in a state of relaxation so his breathing is fine. Now picture this in the twelfth minute of a hard fight where you're already exhausted and completely desperate to escape and you can't breathe. What do you think people start doing? They start turning their back. They start giving up and because we have the arm above the shoulder it's going to be very easy for us now to engage in angular change. Once we lock up on a training partner some of our attacks don't involve angular change so for example Kata Gatame can just stay locked linked up with my training partner but many of them do okay and as we come up on a training partner we'll start turning in on training partners and going into angular change off to the side but we can go in and get finishes our general point is this Banara historically pinning in Jiu-Jitsu as the great cliché goes submission first position first submission second was based around pressure but the pressure was from striking. If you're mounted on someone in a fight situation the pressure that you're looking for under these circumstances is always based on your striking and it's from there that people start putting arms up defensively that's when you see these overreactions where they turn their body as they go to turn from these situations that's when the back becomes available that's when the arms become available so historically that was always the myth then you take out striking the guy just hunkers down and you're like dude I got mounted how the fuck am I gonna submit this guy okay and the whole thing is to create situations where we can walk people up and get to positions like so once his elbow comes above his shoulder line you can take the head once you can take the head you can take your own elbow once you can take your own elbow you can shrug his shoulder by once you can shrug the shoulder by you can go high mount once you can go high mount you can put your own forehead on the floor and stop him from breathing once you stop him from breathing you're gonna get panic turns as he turns suddenly you've got finishes the first time you can create the same kind of pressure by threatening the breathing that you can from violence of striking in a fight situation that's amazing enjoy I have one question for you so plastic later so last time Warren came here he showed me one of the most fascinating things that I ever learned from him and I just saw you doing too and it's the concept of using the hand like this and in the very beginning of this video you're comparing him and the Voyager and coincidence or not that's how Voyager starts his attacks

as well right so but instead of going here he goes to the collar and we go to the wrist but it's the same grip it's the same grip yeah what's the first move you ever learned in jiu-jitsu from the mount it's probably the American law right no gear is probably the American law come with a gear was probably the cross collar yeah yeah yeah and and yet the most two most advanced guys in the world use the same move that you learn on your first day in jiu-jitsu because essentially what we're doing is we're doing a fake American law I got it but mix it up with this I had never seen the concept of doing this are you like doing this but never like four fingers up yeah think about your first day in jiu-jitsu you're generally being encouraged to attack someone who has no skills okay so you got mounted on that they have no skills so under those circumstances it's fine to use a grip like this okay now you go world championship level again someone who's very strong and very skilled if I go here my hand just slips I'm never gonna move someone's arm this way so you want the one grip that won't slip so we come to the end of the lever don't grab the wrist that's not the end of the lever don't grab the hand because the hand can move grab half hand half wrist okay that won't slip now from here this is like an American law what am I pushing against the rotator cuff muscles if I push here I'm pushing against the chest if I try to pull here I'm pulling against the lat muscles it's strong as hell so I take the rotator cuff muscles and I expose the tricep once the triceps exposed at world championship level you think you get an American law of course not it's too easy to escape but you can get an underhook and then you lift and expose the lat now he's probably gonna explosively bridge put my head on the floor for base and from here we start walking walking patiently finding the shoulder line once I find the shoulder line I find the head once I find the head I find the elbow once I find the elbow shoulder shrug then I find high mount so when he goes to bridge bridge I barely feel it he goes to elbow escape physically impossible he goes to kick it's impossible now from here you can just suffocate him so what does he have to do he's got to move yeah when he moves and if he doesn't move he's out of breath yeah that's incredible now you're doing several things at the same time with this by using the high mount you're shutting down all the main avenues of escape you're shutting down his ability to breathe yeah and that's got to feed into the four submissions that I teach you might be curious about this you know from out of position I teach four so it's a very simple system and once people learn it it's as you always say it seems simple in outline but there's a lot of technical details the video about that how to make this work just like the this detail that I just showed like the four fingers it's not in the wrist is not in the hand is over here like how you know it's so well calculated experimentation yeah I think about it let's go through this you know you you you want to be effective with these things you know so you start experimenting in the gym and this is all many years ago and you find you have a strong opponent if you grab the short end of the lever you find you just can't move them so then you go okay let me get the end of the lever the short end didn't work let me get the end of the lever and the guy starts bending his wrist and then you slip off yeah okay well yeah what if I go somewhere in between and then for the first time you suddenly find it's very very sticky use enough of the lever to get a reaction you also start to discover that you never just push with the hand rather your head leads the way you also start to discover that my elbow stays high I'll never move my elbow goes low I'll always move them and from here you lock that's incredible so that leads into the four submissions that you look at and then we look at the failsafe options that if a system fails breaks down then we've got a backup you've got to have a backup because the world championship level nothing ever breaks through every single time yeah even Hodge and Gordon had days they couldn't finish in the mountain so you gotta have a backup so the video is actually one of my favorites and you know I agree like you know this was the I have learned a lot of things from Warren that detail was one of the details that I got most fascinated by because it's really hard to you know it's funny control I literally still remember the day Gordon was in the basement and he was like dude I can't move this guy's arm what do I do I said cross the rest yeah he told me he literally submitted I think like 25 people including two world champions from now that

day but yeah it's very easy to implement and the system overall is extremely simple it's actually far simpler for example than the laybox system which takes quite a bit of time and you know everything is that makes a lot of sense because yeah I agree one minute percent I got on MMA mounts is great yes then if Gi still pretty good that's pretty good and then no Gi if you don't know what you're doing it's almost bad like in fact I think you'll agree with me but most athletes today don't really use the mount yeah because they're like hey if I can't hit the guy and I can't use a call Joe if I'm training against your students I don't get you yeah so and even if you were in a place where there were no heels you'd still be like well why would I it's not as stable as I control there's more the escapes are generally easy to perform and I have less submission holes to work with you know why would I get mounted and the answer but otherwise because the mouth is the only thing where you can directly attack your opponent's breathing through the nose of the mouth and when I'm not talking about silly attacks like this kind of business yeah so no you couldn't hear lots of his voice over there like when you do it with your whole chest it's like a freaking suction cup of your mouth and nose as I said even in a state of relaxation it's unpleasant forget about when you're deep into a match and you've been fighting like a dog for 10 minutes 15 minutes and now when someone shuts off your breathing it's like it's terrible so seeing this like that I'm confident that students will be able to learn from this and start to double their effectiveness for another position yeah no I have no doubts that the no gi mount in general is going to get better after this video yeah which is your goal so yeah so guys this is the seventh part of the new wave series and it's going to be at bjfanatics.com maybe by the time you're watching it's already there so make sure to check that out and I'm super excited about this one person because it's really fascinating how much room there is to improve in the no gi mount you know like so I think that's the point. It was Placido, it was John, thank you. Please help me out to grow my youtube channel just click subscribe and to watch more videos just click under see more videos I hope you enjoyed bjfanatics.com use the promo code youtube faria to get 10% off any instructional video improve your jiu-jitsu faster