

Metadata: <https://www.youtube.com/watch?v=Lqp3jIFByTQ>

okay guys so in this situation here we're gonna start a new sequence here that I think it's a sequence that we we kind of underestimate in Jiu-Jitsu, we don't talk too much about it, we don't teach too much about it, that's when I get the mount and I have one arm holding my opponent's head and the other arm I have the underhook. Guys in my opinion this is one of the best ways we can get the mount and every time we talk about submissions from the mount we talk when I'm like on the mount, posture up, trying to go to armbar, trying to go to chokes, so first I'm just going to give you guys some principles about what you should do when you're there and then we're gonna also see submissions from there. So guys let's imagine that I got the mount on my opponent and I ended up over here okay so guys this is a great position that I should try to capitalize as much as I can here. So first thing I want you guys to understand is that this grip is completely different than this grip. When I have this grip over here my opponent is able to close his elbow a lot, look, and do this and that. When I have this grip with this palm up I'm able to open my elbow, so try to close your elbow man, it's hard for him okay. So every time I'm in this situation I want to keep this type of grip here okay. So palm up and the second hand palm down. Guys when I get here I have a lot of options, so we're gonna see soon the katagatame, that I start walking with my hands here and I get here, that's probably one of my favorite submissions. We're gonna see as well how to push forward, back up and put my head inside and go to Superman. We're gonna see as well how to move, place my shin over his wrist and I'll switch this hand over to his elbow and go to like wrist lock over here. So we have a lot of options from here. I could also go like climb higher on the mount over here, climb higher on the mount and then start going to the katagatame again or maybe just go higher on the mount or I could also like when I try to go to the katagatame, if you try to turn over there and make like a bridge over there, I could push his elbow down and go like to Ezekiel from the back or just the katagatame again. So there are a lot of options from this situation and I think sometimes in Jiu Jitsu we don't talk too much about it. All we do is like submissions from the mount. So we can do the choke, we can do the armor, we can do the Americana, we can do this, we can do that and we forget this position here, that's one of the best ones and if you think about many times, most of the times we get on the mount is from situations like that. So look, we open that elbow, slide the knee over and we get the mount, right? So we want to be able to capitalize more from here. So from this situation here, all I want you to think about is how different it is, this grip to this grip. Pay attention to my left elbow what happens. When I do this, I kind of hide my elbow and then he can hide his elbow as well. When I do this, I open my elbow. So look how vulnerable he is right now, just because I opened that elbow. Look what's happened here with his elbow. Try to close your elbow there. It's really hard for him. So I really want to make sure I capitalize from this position. So just memorize this for this clip here. So palm down, palm up with this hand, palm down with this hand and I'll keep some pressure here, try to close your elbow there, he cannot and that's it.