

Mount Dynamics for **MMA** - Part 2

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If your opponent has mounted you, the onus is on you to escape. Attempting submission holds and strikes from this very disadvantageous position is not recommended. Your focus should be on escape to a better position, such as the guard or to your knees or even standing up.

Four basic mount escapes

It will be in your best interest to expose yourself to at least 4 basic mount escapes. Be aware not to just accumulate techniques and hardly being able to apply any of them under full resistance. A 'basic' technique is one that has a high chance of success in an all-out sparring, so

we must ensure we have a sound foundation of basics which we can apply under most conditions.

One of my coaches and mentors, Burton Richardson has a great quote I would like to share with you which stresses the fact that more is not always better:

'Knowledge is not power, the ability to apply your knowledge under pressure is true power'

Here is the first of the four techniques I consider to be the basics for your mount escape.

►► Bridge or Upa Escape

Your opponents limbs are trapped on the one side of his body. One can escape by thrusting the hips up and to the side making it difficult for your opponent to control his balance.



▶▶ **Technical Sequence**

Keep head off the ground and use your forearms and elbows to deal with opponents onslaught



▶▶ Bucking your hips off the ground, use your knee to drive your opponent forward.



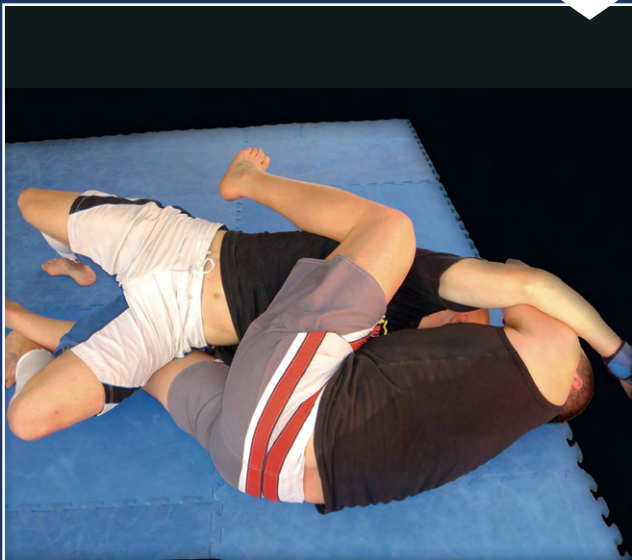
▶▶ Attach yourself as high as you can using your body weight to assist keeping your opponent down



▶▶ Trap your opponents one arm and the same side leg



▶▶ Roll your opponent off you to the back diagonal corner



▶▶ In conclusion

Being mounted is one of the most dominating positions in the MMA and submissions wrestling arenas. When being mounted it is imperative that you prioritize escaping. Besides having a strong foundation of basic escapes from the mount it is important that you implement dynamic training methods, tactics and conditioning in your preparation to be able to withstand the pressures of being mounted.

A 'basic' technique is one that has a high chance of success in an all-out sparring, so we must ensure we have a sound foundation of basics which we can apply under most conditions.

▶▶ Bridge/buck up ensuring your opponents head moves over yours which will cause your opponent to lose his balance.



▶▶ Landing in your opponents guard

