

Mount Dynamics for **MMA** - *Part 3*

By **Morne Swanepoel**
www.combatcoaching.com

▶▶ Escaping the Mount

The only thing worse than being mounted by a competent ground fighter is for your opponent to take your back. These two positions are top on the priority list when it comes to MMA/BJJ or submission wrestling bouts. It is imperative to add drills and performance games into your training/preparation to not just improve your ability to escape being mounted but more so avoid being mounted altogether. After sharing the 4 basic escapes for the mount with you in this series, then stay tuned for drills, tactics and performance games to avoid being mounted to take your defensive strategy to a new level.

▶▶ The Elbow Escape

The elbow escape is the second of the four mount escaping techniques in this series. A couple of guidelines when applying the elbow escape:

- ▶ Most important thing about the elbow escape is the ability to shrimp, i.e. Adjusting your hips from being horizontal to a vertical position. Hip movement is imperative for ground fighting!

- ▶ The elbow escape will not be your first choice if your opponent likes to apply a very tight mount, i.e. Knees squeezing together
- ▶ The elbow escape works best when your opponent is either basing himself using his hands on the mat or when his chest is close to yours and his legs are 'relaxed' next to the side of your body.

▶▶ Quick Summary

Here your elbow and hands are used to create space between your hips and your opponents legs giving you the opportunity to pull a leg or two out and to transfer into the half or full guard positions.



►► Technical sequence

Work your elbow in so you can place your forearm on your opponents inner thigh
Use your forearm and palm to block your opponents knee movement. Shrink your hips out turning them vertical, i.e. Push your butt out to the side



While pushing your butt backwards, bring your leg through. One can now start working from a half guard position. One of the options is full guard, so let's continue the hip movement...



Bringing your other knee up and through so you can obtain full guard position



Slide your bottom knee up as high as possible to your chest (the one against the mat)



Shrimp your hips to the opposite side. Basic movement will be a 180 degree turn ie. From looking to your left with your whole body turning and looking to your right with your whole body. You have to focus on hip movement!



►► In conclusion

This is an excellent escape but requires understanding and practicing of hip movement and timing as to when to apply this specific escape. After the technical series no 4 I will share some isolated drills and movements within each escape which you can use as warm up exercises, conditioning and technical specific training. Until we meet again,
Morne
Morne Swanepoel's Team MMA Fighter
www.CombatCoaching.com

** To find out more about hosting Morne for a workshop at your gym or to start your own training group or affiliating your training group or gym please contact CombatCoaching.com HQ directly at: Tel: (031) 903 7616
Cell: 083 226 1576 email: ailen@combatcoaching.com