

## Μουντ δυναμικής φορ MMA

### Παρτ4

#### Εσχαπινγ της Μουντ

The late Bruce Lee was a huge inspiration to many Martial Artists today to explore combat arts, and rightfully so as Bruce Lee was way ahead of his time and era. Lee was a great innovator and technical analyst when it came to functional martial arts in terms of "absorbing what is useful and rejecting what is useless". Part of Lee's dynamic fighting concept was the 5 ways of attack he stressed:

1. Single Direct Attack (SDA)
2. Progressive Indirect Attack (PIA)
3. Attack By Combination (ABC)
4. Attack By Drawing (ABD)
5. Attack By Immobilization (ABI)

The 5 ways are more than an article on it's own. I would like to stress no.3 for our mount series – Attack by combination. Once your opponent knows what you are trying to do or even knows what technique you trying to apply it makes things more difficult...not impossible but more difficult. Combining techniques together makes you a much more unpredictable and skillful ground fighter. This can directly be related to your stand up game i.e. Jab vs Jab-Cross-Hook-Overhand combo. With the ground game it is no different. Learn to combine your escapes and your success rate will improve. For example you can work your first escape 'bridge/Upa' and when you meet too much resistance immediately transfer to your second escape 'elbow escape'. This can be done with any of the 4 escapes you will be exposed to in this series. Learn to mix them in training and most important have fun while doing so!

#### Escaping through the back door

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 ie. 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 ie. 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

*Your escape route is created by moving underneath your opponent. Hip movement and getting right underneath your opponent is imperative*

#### Technical sequence

1. Opponent is holding you in a low mount. Keep your elbow on the inside of his leg.



2. Staying underneath your opponent turn your hips vertical, ie shrimp and turn



3. Place your top arm(not the one at the bottom against the mat) through your opponents legs, the bottom arm/elbow will still be blocking your opponents knee. Hip movement is imperative to create sufficient space to insert arm.



4. Work yourself out the 'back door', by turning to your stomach and knees.



5. Scramble to your knees and escape the mount



### **Conclusion**

This is an excellent escape but requires understanding and practicing of hip movement and timing as to when to apply this specific escape. This, one can only obtain through intellectual drilling and sparring.

Until we meet again,

Morne

Morne Swanepoel's Team MMA Fighter

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\*\* 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:

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