

Μουντ δυναμικσ φορ MMA Παρτ6

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In the first 5 parts of mount dynamics we focused on basic techniques to escape being mounted. It is important not to just learn techniques but to also focus your training on strategies, tactics and training methods. These 4 components (1.Training methods 2.Tactics 3.Strategies 4.Techniques) form an integral part of the nucleus in being a complete MMA Fighter/practitioner and coach.

Tactics presents a small picture perspective of the entire MMA game or fight you preparing for. It is the means by which a strategy is carried out.

5 Basic tactics when mounted

1- KEEP OPPONENT OVER YOUR HIPS



It is imperative you keep your opponent over your hips. Elbows tucked in and hands protecting the face. This is the platform from where you will be executing most of your escapes, defensive and offensive tactics from.



This is a no no! Do not allow your opponent to walk up over your chest. He will be able to trap your arms much easier with his hands and legs, his weight over your chest is going to affect your breathing and your are drastically limiting your options of escaping or surviving his onslaught.

2- CLOSE THE GAP



To cancel out your opponents ability to bombard you with devastating ground n pound you need to break down his posture and keep his hands on the mats. First basic way is to buck your hips up high forcing your opponent to fall forward with his hands on the mats.

Another method is to combine the bucking of your hips only using your one leg and the other using your knee to push your opponent forward. This is not a knee strike but rather a push or drive. In both these methods it is imperative to get as much height with your bucking as possible.



3- PUNCHING FROM THE BOTTOM



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opportunities for your escapes. When being mounted you have minimal leverage and weight behind your punches due to your hips and back being on the mat. To create as much weight, leverage and torque behind your strikes you need to do a couple of things. Bring your heels close to your butt. Twist and turn your spine as much as you can causing your striking arm to lift off the mat. Besides more striking power it will give you more reach and make you less of a target.

4- DEFENDING FROM THE BOTTOM

Offense and Defense will go hand in hand when being mounted. Keeping your elbows tucked in and placing your palms on your head one of the first methods to defend when your opponent is pounding is to move your head to the side. Pretty much like slipping a jab when you working your stand up game.



Same as in your stand up game using your elbows to defend from the bottom is crucial. Keep your head off the ground, hold on to your head with both palms and keep your elbows and head movement busy. Again please take note of the shoulder that lifts off the mat. We want to create movement at the bottom.



5- BE CAGE WARY



When mounting someone the goal is to restrict their movement so you are able to execute your attack i.e. striking or submission. When you at the bottom it is crucial not to get

pinned up against the fence as it limits even more of your mobility. In this first picture you can see the fight heading to the fence.



By utilizing hip movement and pushing off the mat with your one leg, stretch your closest leg out to the fence controlling the distance between you and the fence.



Walk on the fence until both your feet are on the fence. Your head is now clear of the fence. You can now push off the fence and walk yourself away on your back away from the fence.

Conclusion

I know implementing these 5 tactics into your game is going to help you with dealing being mounted. It is a tough position to deal with and therefore one needs to spend a lot of time at the bottom gaining experience. It's important you are able to apply these tactics under pressure. Progressively add more resistance and work an intellectual game from the bottom. Remember, you will always reflect your level of your preparation when it comes to competition time.

Special thanks to Craig 'Nemo' Ninow for assisting me in the photos. Nemo is the Fight Force Amateur Bantam Weight Champion and has just recently turned Pro. Very exciting fighter to look out for.

Until we meet again,

Morne Swanepoel's Team MMA Fighter
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