

Technique: Trap & Roll Escape

Position: Mount

Overview

In a fight, the goal is to achieve the top position once the fight goes to the ground; the problem is that things don't always go according to plan. Against a larger attacker, you are likely to end up on the bottom of the mount position which is the single worst place to be in a fight. From this position the top person can strike or strangle you at will and you cannot effectively strike back. The worst part about trying to escape the mount without an effective strategy is the panic you experience and the extreme exhaustion it will inevitably cause. The Trap & Roll Escape is a simple, reliable way to remove your opponent from atop of you. In this lesson you will learn four variations of the Trap & Roll starting with the Standard Variation.

Technical Slices

1. Standard Variation

- *Indicator:* Opponent grabs your chest or throat with one or both hands
- Essential Detail: Trapping everything all at once
- Most Common Mistake: Rolling sideways instead of bridging upwards
- Safety Tip: Top person tuck shoulder
- Bad Guy Reminder: Keep hands on chest for this variation
- Core Principles: Isolation (19), Kuzushi (11)
- Drill Orders: Mount start, 1 rep, reverse roles

2. Punch Block Variation

- *Indicator:* Opponent sits up to throw punches
- Essential Detail: Constant closeness
- Most Common Mistake: Failure to keep weight on the opponent's hands
- Safety Tip: Bad guy must tuck fingers prior to roll
- Bad Guy Reminder: Post hands on ground for base when pulled forward
- Core Principles: Distance (3), Ratchet (26)
- Drill Orders: Mount start, 1 rep, reverse roles

3. Headlock Variation

- *Indicator:* Opponent establishes a headlock and inserts the grapevines/hooks
- Essential Detail: Remove the hooks prior to bridge
- Most Common Mistake: No reach with hugging arm
- Safety Tip: Do not insert the grapevines too aggressively
- Core Principles: Anchor (25), Velocity (7), Creation (5)
- Drill Orders: Mount start, 1 rep, reverse roles

4. Open Guard Pass

- *Indicator:* Opponent's legs remain uncrossed after the Trap & Roll Escape is executed
- Essential Detail: Effective hip control
- Most Common Mistake: Weak base points
- Core Principles: Prevention (13), Pyramid (4)
- Drill Orders: Trap & Roll (any variation), Open Guard Pass, reverse roles

5. Bonus: Spread Hand Variation

- *Indicator:* Opponent's hands are spread wide for base
- Essential Detail: Use your legs to pivot effectively
- Most Common Mistakes: Incorrect grip on arm after the pivot
- Core Principles: Pivot (22), and Buoyancy (27)
- Drill Orders: Mount start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of the

Trap & Roll Escape – Mount (L1)

Mindset Minute

Because being mounted is so dangerous, we present several techniques in this course to prevent it from happening in the first place. View the Trap & Roll Escape as an emergency tool of last resort. In a future lesson, you will learn the Elbow Escape from the mount, which can be used to escape the mount if the Trap & Roll escape fails.

Street Tip: Concrete Concerns

While concrete will give you the best traction while standing, it may be the most unforgiving terrain to fight on. At all times, you need to be aware of what parts of your body will impact the ground. When you're on the top of the fight, you need to make sure you keep your weight off your knees and elbows, and let your opponent carry your mass instead. If you end up on the bottom, keep your head off the ground, and under no circumstances do you want to let your opponent pick you up because one slam could knock you out.