

Technique: Americana Armlock

Position: Mount

Overview

The ideal goal in the fight is to achieve the mount, exhaust your opponent, and then win with the lowest level of necessary force. Punching your opponent from the mount can be effective but is exhausting, risks your balance, and could injure your opponent more seriously than intended (or necessary). We prefer to use leverage-based submissions instead so that we can maintain better control of our opponent and save energy. The Americana Armlock is a highly effective submission that can be used with minimal effort to defeat a larger opponent. First you will learn the Basic Application and then two variations that could be used in combat.

Technical Slices

1. Basic Application (Preparation Drill)

- **Essential Detail:** Effective hand positioning and solid wrist curvature
- **Most Common Mistake:** All lift without any slide
- **Safety Tip:** Squeeze very slowly and remember to tap out when slight discomfort is felt
- **Core Principles:** Isolation (19), Overload (24)
- **Drill Orders:** Mount start, 1 rep on each arm, reverse roles

2. Standard Variation

- **Indicator:** Opponent fears punches and protects their face with both hands
- **Essential Detail:** Back hook in, front knee open
- **Most Common Mistake:** No hip pressure
- **Bad Guy Reminder:** Test partners hooks by trying to push with free arm
- **Safety Tip:** Do not squeeze the lock while opponent is checking your base
- **Core Principles:** Anchor (25), Pyramid (4)
- **Drill Orders:** Mount start, 1 rep on each arm, reverse roles

3. Neck-Hug Variation

- **Indicator:** Opponent exposes their arm while you maintain control of their neck
- **Essential Detail:** Grip with thumb at first then switch to thumbless grip
- **Most Common Mistake:** Forgetting to loop the arm around the head
- **Core Principles:** Detachment (2), Overload (24), Creation (5)
- **Drill Orders:** Mount start, 1 rep on each arm, reverse roles

4. Bonus: Side Entry

- **Indicator:** Opponent keeps their elbow heavy on the ground
- **Essential Detail:** Inserting the wrist/fulcrum as close to the elbow as possible
- **Most Common Mistake:** Failing to use body weight to pry the elbow off the ground
- **Core Principles:** Pivot (22), Grandmaster (32)
- **Drill Orders:** Mount start, 1 rep on each arm, reverse roles

Reflex Development Drill

Practice all variations of the

Trap & Roll Escape – Mount (L1)

In combination with all variations of the

Americana Armlock – Mount (L2)

Mindset Minute

The beauty of submissions is that they give you the ability to control the amount of damage that you inflict. When using the Americana Armlock, be sure to focus on using your legs for stability otherwise the move is worthless. If you ever feel like your legs can't contain your opponent, release the lock, and use your hands for additional base. If your opponent begins to roll you the other way, switch your hooks to neutralize the roll, then switch back to normal hook positioning before finishing.

Street Tip: Groin Strikes

The most common attack in street fight is a punch to the face. But once the opponent realizes that your face is out of reach, they may shift their focus to attacking the groin. If this happens, you'll want to establish double underhooks as quickly as possible. This is true regardless of whether you're on the top or bottom of the fight. Bottom line, a fight is a rapidly evolving situation for which you need to be very adaptive, and in general, you'll want overhooks for punch protection and underhooks for groin protection.