

Technique: Positional Control

Position: Mount

Overview

The mount is the most dominant position in a fight because it enables you to win the fight in a variety of ways while depleting your opponent's energy. You must understand, however, that as soon as you achieve the mount, your opponent will do everything in his power to get you off of them. In this lesson you will learn how to control and exhaust a larger stronger opponent from the mount. First, you will learn how to apply effective hip pressure, and then you will see how to neutralize the most common escape attempts you can expect from an untrained opponent in a real fight.

Technical Slices

1. Hips & Hands (Preparation Drill)

- **Essential Detail:** Constant hip pressure and effective head-handoffs
- **Most Common Mistake:** Weak torso alignment
- **Bad Guy Reminder:** Hug your partner's body to make it easier to check their base
- **Core Principles:** Connection (1), Head Control (28)
- **Drill Orders:** Mount start, establish hip pressure, side-to-side 5 times, reverse roles

2. Anchor & Base

- **Indicator:** Opponent attempts to escape by pushing you side-to-side
- **Essential Detail:** Effective hook transfers with constant hip pressure
- **Most Common Mistake:** Handing off the head control when it's not necessary
- **Bad Guy Reminder:** Switch directions slowly at first to build your partner's confidence
- **Core Principles:** Depletion (18), Pyramid (4), Connection (1)
- **Drill Orders:** Mount start, establish hip pressure, side-to-side 5 times with fixed neck hug (if possible), reverse roles

Reflex Development Drill

Practice all variations of

Positional Control – Mount (L3)

In combination with all variations of the

Americana Armlock – Mount (L2)

Mindset Minute

Every time you achieve the mount, expect your opponent to use every ounce of energy to throw you off. Once you neutralize their explosive escape attempts, they will be very discouraged and in most cases, this will be enough to make them surrender. If they do not give up, their exhaustion will make your submission that much easier to achieve.

Street Tip: Ultimate Self-Defense

Many people who practice jiu-jitsu can't wait for an opportunity to try their techniques in a real fight, but this is a very dangerous perspective to have. Even once you have spent years perfecting the techniques that will allow you to quickly and easily overcome an aggressor, the reality is that street fights are always unpredictable and dangerous no matter how trained you are. Always aim to avoid the avoidable fights. Every second in a street fight is a second of uncertainty, so the sooner you get out, the sooner you are demonstrating the highest level of self-defense.

3. Low Swim

- **Indicator:** Opponent attempts to wrap your posted arm to roll you off
- **Essential Detail:** Solid 45-degree posted hand angle
- **Most Common Mistake:** Weak elbow positioning and predictable response time
- **Core Principles:** Reconnaissance (12), Clock (8)
- **Drill Orders:** Mount start, 2 low swims on each arm, reverse roles

4. High Swim

- **Indicator:** Opponent pushes straight up on your chest or throat with one or both hands
- **Essential Detail:** Get low and heavy after each swim to prevent Follow-Up push attempts
- **Most Common Mistake:** Swimming both hands at once
- **Core Principles:** Redirection (29), River (9)
- **Drill Orders:** Mount start, 3 high swims, reverse roles

5. Bonus: Half Nelson

- **Indicator:** Opponent tries to roll to their knees underneath you
- **Essential Detail:** Immediate underhook and anchor behind the head
- **Most Common Mistake:** Failure to apply hip pressure
- **Core Principles:** Anchor (25), Depletion (18)
- **Drill Orders:** Mount start, 1 rep on each side, reverse roles

Fight Simulation Drill

1. Trap & Roll Escape – Mount – Headlock (L1)
2. Positional Control – Mount – Low Swim (L3)
3. Americana Armlock – Mount – Neck-Hug (L2)