



## **Fundamentals Class**

### **Lesson 1**

#### **Section | Mount**

#### **Sub Section | Escapes**

##### **Overview**

The bottom of the mount is not somewhere you want to stay for long and is considered one of the most inferior positions to be in. This lesson will focus on two primary methods of escaping the bottom of the mount, and an additional technique when dealing with opponents that have good mount control.

##### **Technique 1 | Trap & Roll**

- Indicator – Opponent establishes mount and you wish to escape
- Important Detail – Securing both the arm and the leg before attempting the escape
- Common Mistake – Forgetting to bridge at a 45° angle to achieve optimal opponent displacement

##### **Technique 2 | Elbow Escape**

- Indicator – Opponent defends the trap and roll escape by establishing a wide base
- Important Detail – Turning on your side for an easier leg escape
- Common Mistake – Not enough hip movement to make space

##### **Technique 3 | Hook Removal**

- Indicator – Opponent inserts hooks for better mount control
- Important Detail – Straightening your leg completely for easier hook removal
- Common Mistake – Not acting quickly enough before hooks are reinserted