



# A Beginner's Guide to Escaping the Mount

*Escaping the mount...* this skill is so essential to have in our arsenal, it is crucial we get it right. This can be one of the worst positions to be stuck in on the ground. Knowing how, and when to escape is a game changer.

Mount, is one of the four dominant positions on the ground. Once our opponent gets this position on us, we are at their mercy, especially when they outweigh us. So first and foremost, a good strategy is **prevention** above all else. If you can prevent this from happening in the first place, you'll be better off for it.

However, as one of my flight instructors used to say -

“if, if's and but's were candy and nuts, my what a fine xmas we'd have!!!”

The reality is, we can't always prevent this from happening, so it behooves us to know how to exit the situation as effectively and efficiently as possible. We have a limited supply of energy. Let's hit that first.

## Conservation of Energy

Escapes are all about timing and technique. They are methodical, not erratic, wild, or out of control. Those are part of preventing the position in the first place. Once we are here, we must own the position. Owning the position means that we accept our place, and start to mentally process details of the position - does the opponent have knees tight or wide? Are my arms pinned? Are they striking? Am I breathing?

Knowing this situation, allows us to function without panic. The number one reason people lose fights on the ground? Panic. Panic causes our bodies to dump adrenaline into our system, and

our breathing escalates to bring more oxygen into the system. It's similar to stepping on the accelerator in your car and flooding the engine with gasoline and oxygen.

The good news is, it can increase our strength, and heighten our senses, escalating our survival state. Unfortunately, this is in limited supply and will quickly exhaust us if we continue to resist. I have seen people in exceptional physical condition, get completely gassed in seconds in this position. Calm, and methodical is our best chance to escape.

## **Monitor the Base**

There are key points we want to understand about the mount, and how our opponent is utilizing their base to keep us there.

When our opponent is on top of us in the mount, they are using a variety of base options - knees tight, knees wide, S-mount, knee in/foot out, hooks-in, deep hooks, legs locked.

Early in our training we're going to focus on the simple choices that untrained, or low-skill opponents choose. This focuses on the highest probability first.

The other variations are used by higher skilled opponents which is less likely in a self-defense scenario, but important to learn later when our skills progress.

## **Bridge and Roll vs Elbow Escape**

Choose the escape that matches the base. For now we will split the base into two general categories:

- Knees tight - if the opponents knees are snug with our torso then we will focus on using trap and roll style escapes.
- Knees wide - if the knees are wide, or we see one knee in, and one foot out, then we will focus on elbow escape methods.

## **Dissecting the Position**

Once we determine the base (this should be instant), we look for the positional control our opponent is using. These include:

- Low Post
- High Post
- Arms Pinned
- Headlock

- Choke
- Striking

See the videos for which escape method to use for each of these upper body controls.

## **Upper Base vs Lower Base Escapes**

### **Breaking the Post - Trap | Bridge | Roll**

A fundamental concept with any 'trap & roll' style escape, is breaking or locking down our opponents post. We must eliminate one of their points of contact in order to bridge and roll them. If we fail to do this, we will find an exercise in futility, and burn out our limited supply of energy.

### **Lifting the Base - Elbow | Hip Escape**

This escape relies on lifting and blocking our opponents lower base. Here we will defend the upper body submission or hold, by lifting and slipping our opponents hip/leg region. For this to work, it is crucial our opponents base is loose. If they have tight control of our torso, it is pointless for us to waste energy trying to escape with this method.