

## Techniques



### Escape from hold down #2 - bridge and roll

1. place your hands in posture.

*Because your opponent is holding onto you so tightly, you feel that the normal push and move your hips techniques will be useless. Therefore, you choose to:*

2. place your right arm across the opponent's back, grabbing his right latissimus dorsi, t-shirt or gi.



3. drive your body into your opponent's body, forcing him to resist.

4. when he drives back into your body, you pull with you right arm and push with your left forearm and come to your knees and establish your base



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### Escape from hold down #3 - spin into guard

1. place your hands in posture. 

*when you place your hands in posture, you notice the opponent places his hands in a position that makes it impossible to perform any of the previous mentioned techniques. as a result, you will have to:*

2. place your left arm underneath the opponent's left arm and grab his back
3. place your right hand on top of his right shoulder
4. raise your legs up and point them towards the ceiling.
5. throw them towards your opponent's feet to gather momentum.



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6. simultaneously swing your legs to your right, pull your left arm over your head and push with your right to elevate the opponent's right shoulder.
7. spin on your butt (keeping your feet off the ground) and place your opponent into your guard



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### Escape from hold down #3 - knee on bicep

1. place your hands in posture. 

*here's another variation of the previous technique. this variation does not involve spinning underneath your opponent. instead, you place your knee on his bicep:*

2. place the web of your left hand in the crook of your opponent's left elbow.

3. move your hips to the right and insert your left knee into the crook of his arm (bend of his elbow). as you insert your knee, your left hand will slide down to the wrist and grab it.



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## Techniques



4. place the heel of your right hand underneath the opponent's right shoulder.
5. simultaneously push with your left knee and right hand as you pull with your left hand.
6. as soon as the opponent's body has moved far enough away from you, place your right foot on his chest or shoulder and push him into your guard.

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### Escape from hold down #2 - head push to arm lock

1. place your hands in posture
2. move your hips to the right, just enough to place your left knee on top of the opponent's left thigh.
3. take your right hand and push the opponent's head away from you. as you do this, it is important that you simultaneously move your head and shoulders away from his head and shoulders.
4. place your right foot on the opponent's ribs and squeeze your knees together, applying pressure onto his left elbow.



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## 14. Common mistakes

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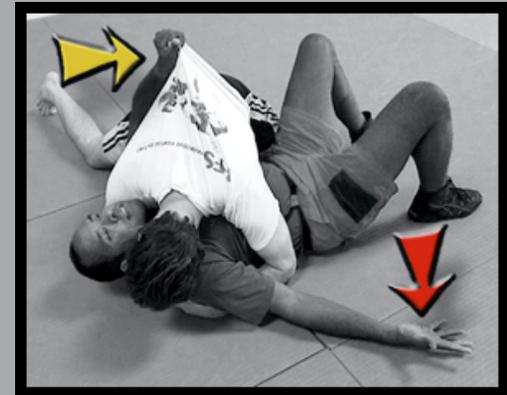


Some of the more common mistakes that I've seen over the years are:

- No posture
- Failure to turn onto your side
- Failure to move your hips and push at the same time
- Failure to use momentum and combinations



The most common mistake you will make is to forget to place your arms in posture. By placing your arms in a position other than the three postures I showed, you not only makes it difficult to escape, but it will leave your arms and neck open to attack. Good posture is the foundation of all escapes. Good posture will give you the ability to push on an opponent's body with finesse and leverage, instead of pure strength. It will also make it difficult for your opponent to transition to another position or a submission.



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Get in the habit of placing your arms in posture every time you practice a technique, as well as every time you grapple with someone who is smaller or less skilled than you! You will really need to have good posture when you grapple someone who's bigger, stronger and / or more skilled than you!

I know that posture is not a very exciting subject. However, if you really want to turbo charge your ability to escape from the side mount position, you will need to practice posture until you can do it in your sleep. You should practice it to the point where "when your wife leans over to give you a good night kiss, you immediately assume posture because she's trying to put her weight on top of you!"



A second mistake that's usually made is to perform all of your escapes from your back. (Yes, some escapes are performed on your back. However, it is best to do the escapes from your side!) Remember, when both of your shoulders and hips are touching the ground, there is a lot of friction between your body and the ground (mats). Make it a habit to turn onto your side every time you practice a technique, as well as every time you grapple with worthy opponents.

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A third mistake many make is to perform each escape using pure arm strength, forgetting to move their hips. This mistake will not only expend most (or all) of your energy, but it will also make you susceptible to arm locks and chokes. Drill it into your head to push with the arms, while simultaneously moving your hips, head **AND** shoulders away from the opponent's.



The fourth common mistake many make is to rely on one specific technique to escape. You try and try to make one technique work, only to find out yourself tired and frustrated. You must learn to use two to three techniques in combination with each other. 

When you use two techniques in combination, it is important that you use two techniques that move in the opposite direction of each other. For example, if you decide to bridge and roll to your right (as the second technique), it is imperative that your first technique drive to your left. When you drive to your left and your opponent resists by driving back into you, he is giving you the momentum you need for your second technique.

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## 15. Drills and training methods



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The purpose of a drill is to develop a specific aspect of your grappling game. Below, I've listed four (4) drills that will help to turbo charge your escape skills:

1. Slow and methodical (develops sensitivity, timing and accuracy)
2. Fast and explosive (develops endurance and balance)
3. With your eyes closed (develops sensitivity)
4. Combinations (develops flow)



The slow and methodical method of training is designed to help you develop precision in movement, as well as a good sense of timing and sensitivity.

In my opinion, the slow (tight) and methodical method of training is **"THE"** method to train if you plan to stay in this grappling game for any length of time. I know this method of training is not as exciting as the fast and explosive method. However, it is very effective! With this method, you are assured to gain a sense of feel, timing and precision in movement that you would not get otherwise. Additionally, the amount of injuries associated with this method is far lower than the fast and explosive method.

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The fast and explosive method is a young man's game. It can be used by those over 30. However, you must be aware of the increased chance of injuries. This method of training will help you to develop explosiveness, endurance and balance.

When I would train for competition, I would sprint up hills, do hundreds of jump squats and grapple at the speed of light. I did this because I knew I was going to need as much endurance as possible, especially if I had to grapple five or six guys to make it to the finals.



Now, grappling with your eyes closed is the best way I know to turbo charge your game. When you grapple with your eyes closed, you FEEL what your opponent is doing rather than SEE what he is doing. At times, your eyes will deceive you because of "perceptions." You think you saw something but your really didn't. However, when you close your eyes and FEEL what your opponent is doing, you know without a doubt what he going to do.

For example, when an opponent is in your guard and he pushes down on your knee, is he:

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- A. Going to pass your guard on your right side, over top of your right leg
- B. Going to pass your guard on your left side, underneath your left leg
- C. Going to put you into a foot lock on your left side
- D. Going to put you in a knee lock on your left side



When you learn how to read pressure with your eyes closed, you will begin to understand the difference between 10 lbs. of pressure and 15 lbs. of pressure. You will also begin to differentiate between when the pressure is down and forward, down and right, down and left. You will also begin to differentiate between the times when an opponent commits himself to a move and the times when he is setting you up (faking you out).

As you progress in your grappling experience, you will find that combinations are "*the way of the advanced grappler.*" In the beginning of their experience, students spend most of their time learning new techniques. They like the **FEELING** of learning new techniques. However, after about two to three years of learning new techniques, these students hit a wall. They find that their grappling game has hit a plateau. Well, what happened was they became focused on the wrong thing. Learning new tech-

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niques is exciting and addictive. However, it does little to help develop a skill.

- 📄 A skill can only be developed through repetition and refinement. To develop a skill in grappling, the student must learn a technique, repeat the technique hundreds of times in practice sessions, refine it and then put it together with another technique. The student must graduate from the “learning something new” phase to a level where he/she “can put two, three and five techniques together into a simple combination.” These combinations must be practiced to the point where they can be performed with minimal thought (no hesitation).



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## 16. Appendices





## Quantify Your Grappling Experience

(Part One)



**T**he other day, I began thinking about my grappling experience over the past nine or ten years. I reminisced about was those long trips to Los Angeles. All those miles I put on my vehicles (over 200,000). All that money I spent on private and group lessons (over \$20,000). All that time spent driving (anywhere from three to six hours on the road each day). Plus, there was a lot of time I spent reading books, practicing with friends, visualization, mental contemplation.

I began to try and quantify all this experience. I began to as, "what did I gain from my investment of time and money?" Well, here's a look at the different areas of grappling I've trained:

1. Escapes from the mount
2. Escapes from the closed guard

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3. Escapes from the open guard
4. Escapes from the side mount
5. Escapes from kesa gatame
6. Escapes from kuzure kesa gatame
7. Escapes from head locks
8. Escapes from the front mount
9. Escapes from the knee on stomach
10. Escapes from the half guard
11. Escapes from the back mount
12. Escapes from the sprawl
13. Counters for each individual technique
14. Dominate from the mount
15. Dominate from the closed guard
16. Dominate from the open guard
17. Dominate from the side mount
18. Dominate from kesa gatame
19. Dominate from kuzure kesa gatame
20. Dominate from head locks

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21. Dominate from the front mount
22. Dominate from the knee on stomach
23. Dominate from the half guard
24. Dominate from the back mount
25. Counters for each technique
26. Arm locks from the mount
27. Arm locks from the closed guard
28. Arm locks from the open guard
29. Arm locks from the side mount
30. Arm locks from kesa gatame
31. Arm locks from kuzure kesa gatame
32. Arm locks from the front mount
33. Arm locks from knee on stomach
34. Arm locks from the half guard
35. Arm locks from the back mount
36. Arm locks from the sprawl
37. Counters for each technique
38. Escapes from each arm lock

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39. Bare arm chokes from the mount
40. Bare arm chokes from the closed guard
41. Bare arm chokes from the open guard
42. Bare arm chokes from the side mount
43. Bare arm chokes from kesa gatame
44. Bare arm chokes from kuzure kesa gatame
45. Bare arm chokes from the front mount
46. Bare arm chokes from knee on stomach
47. Bare arm chokes from the half guard
48. Bare arm chokes from the back mount
49. Bare arm chokes from the sprawl
50. Counters for each technique
51. Escapes from each bare armed choke
52. Collar chokes from the mount
53. Collar chokes from the closed guard
54. Collar chokes from the open guard
55. Collar chokes from the side mount
56. Collar chokes from kesa gatame

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57. Collar chokes from kuzure kesa gatame
58. Collar chokes from the front mount
59. Collar chokes from knee on stomach
60. Collar chokes from the half guard
61. Collar chokes from the back mount
62. Collar chokes from the sprawl
63. Counters for each technique
64. Escapes from each collar choke
65. Foot lock from the closed guard
66. Foot lock from the open guard
67. Foot lock from the mount
68. Foot lock from the side mount
69. Foot lock from kesa gatame (transition)
70. Foot lock from kuzure kesa gatame (transition)
71. Foot lock from the front mount
72. Foot lock from knee on stomach
73. Foot lock from the half guard
74. Foot lock from the back mount

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75. Foot lock from the sprawl (transition)
76. Counters for each technique
77. Escapes from each foot lock
78. Knee locks from the closed guard
79. Knee locks from the open guard
80. Knee locks from the mount
81. Knee locks from the side mount
82. Knee locks from kesa gatame (transition)
83. Knee locks from kuzure kesa gatame (transition)
84. Knee locks from the front mount
85. Knee locks from knee on stomach
86. Knee locks from the half guard
87. Knee locks from the back mount
88. Knee locks from the sprawl (transition)
89. Counters for each technique
90. Escapes from each knee lock
91. Heel hook from the closed guard
92. Heel hook from the open guard

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93. Heel hook from the mount
94. Heel hook from the side mount
95. Heel hook from kesa gatame (transition)
96. Heel hook from kuzure kesa gatame (transition)
97. Heel hook from the front mount
98. Heel hook from knee on stomach
99. Heel hook from the half guard
100. Heel hook from the back mount
101. Heel hook from the sprawl (transition)
102. Counters for each technique
103. Escapes from each heel hook
104. Take downs from standing
105. Counters for each take down
106. Take downs from kneeling
107. Counters for each take down
108. Throws from standing
109. Counters for each throw
110. Foot and knee sweeps from standing

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111. Counters for each sweep
112. Standing joint locking
113. Counters for each lock
114. Standing chokes
115. Counters for each choke
116. Have the ability to flow between the techniques
117. Basic self-defense
118. Physical conditioning (timing, endurance, speed, explosiveness, etc...)
119. Mental conditioning (focus, determination, pain tolerance, etc...)
120. Strategy



Now, this is just my grappling experience. (Remember, I've also trained extensively in Bruce Lee's Jeet Kune Do and Filipino Kali, as well as other arts.)

Now that I've quantified my grappling experience, what does this mean for you? Well, I want to encourage you to quantify your own experience and determine a specific course of action for this New Year! What is it that you REALLY want to become good at this year? Take downs? Leg locks? Chokes? Arm locks? Sweeps? You

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can do it if you put your mind to it!

There's so much out there for you to study and become good at! Let me encourage you to take your time and do it right the first time. I know that it is fun to learn new stuff. However, I believe that it is more important to become good at that which you already know, than to gain new information. Why? Because there will always be more information. (To this day, I still learn new stuff. Plus, my instructor Joe Moreira still learns new stuff. As does his instructor!) There will always be someone who is better or more knowledgeable with leg locks or chokes or whatever. You can always find someone who is more knowledgeable at something than you will ever be! So don't worry about trying to gain more information. Become proficient at the techniques you already know.



Quantify your experience and begin to pursue excellence!

Good training to you,

Roy Harris

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## Quantify Your Grappling Experience

(Part Two)



Some time ago, I wrote a mini-article entitled, "Quantify Your Grappling Experience." In that article, I listed one-hundred and twenty (120) areas of grappling training that I have explored over the past nine or ten years. These areas of training represent the foundation of my grappling experience. My purpose in writing that article was to show you the process I went through to become a competent grappling instructor and black belt in Brazilian Jiu Jitsu. I also wanted to give you an example of how to quantify your own grappling experience, as well as encourage you to obtain more depth with your current knowledge of grappling.

In this article, I would like to expand on the first one and show you the depth of my training in each of those one-hundred and twenty different areas of grappling training.

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The individual components of training that I am about to share with you are compo-



nents that I felt were critical to my development as an instructor and as a practitioner of Brazilian Jiu Jitsu. The individual components of my training are:

1. Technical knowledge
2. Mechanics
3. Precise limb placement
4. Combinations and drills: the use of momentum
5. Attributes
6. Angles of pressure
7. Limitations of technique
8. Areas of vulnerability
9. Counters
10. Control



Each of these components should be applied to the one-hundred and twenty (120) areas of grappling training that I listed in the previous article. Let's take a look each component:

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**Technical knowledge** - How many techniques do I know to escape from the mounted position? Well, when I first started, I knew nothing. However, my knowledge has grown from one technique to now over forty (forty-two to be precise). Now that's forty-two different techniques for escaping the mount position. I know this seems like a lot of info., but wait until you read the rest of this post! Technical knowledge is only the beginning!



Learning and discovering new techniques is an important part of process of becoming skilled. However, learning techniques is not the most important part! I have seen a lot of students get caught up in trying to accumulate new techniques, when all they need to become skilled was right in front of them! Technical knowledge will teach you what to do in a specific situation. However, that's all it will do. Technical knowledge does not (and will never) equal a skill. Knowing how to do a technique is not the same as being able to perform it reflexively under pressure. Technical knowledge is a good place to start, but your training must progress much farther! Knowing a technique is also not the same as fully understanding it and being able to confidently teach it to a wide variety of people from varying cultures and backgrounds. Anyone can show someone else a cool technique. However, the real question is, "Does

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this person (the instructor) have the ability to break down the information into small edible pieces so that even a child could understand what is being said? Also, does the person have the ability to link this new information with other "Known" information? Also, can he/she teach principles, concepts and guidelines that lay the foundation for technical knowledge?

Now that we know that technical knowledge is a good starting place, let's move on.

**Mechanics** - Mechanics are the individual components of a technique that give a person leverage over an opponent's body. For example, the individual components that make up the mechanics of the triangle are:

1. Your body is placed perpendicular to the opponent's.
2. Right hamstring (near the bend of your knee) presses inward against the left side of the opponent's neck.
3. Right calf presses down against the back of the opponent's neck.
4. Right knee points upward and into the middle of the opponent's back.
5. Your hips are moved away from the opponent's hips.



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6. The toes on your right foot point upward.
7. Your left leg is placed on top of your right ankle/shin.
8. Both heels are pulled towards your buttocks.
9. Both knees are squeezed together.
10. Both hands pull your right shin (or head) down.
11. Both hands pull the head against the inside of your right thigh.
12. Raise your hips up to the ceiling.



As you can see, the total number of components in this simple techniques are twelve. Imagine putting the triangle into combination with an arm lock! You would have at least twenty different things going on at the same time. Do you see how complex two technique combinations are when you take a look at the individual components of each technique? Imagine putting three or five techniques together into one combination. (I spent two years working on my triangle. So I know how complex this subject is!)



With correct mechanics, I rarely get to step 12 (raising my hips). Most people tap around step 8 or 9. Correct mechanics gives me the leverage I need to effectively and

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