

The Fire

If you look at the first photo in the sequence below, you'll notice that I've trapped my opponent's right arm by leaning to my left side and wrapping my left arm underneath his head. Taking his arm out of the picture in this fashion not only helps me keep him pinned flat on his back, but it also allows me to transition into the slow triangle submission. However, keeping an aggressive opponent broken down in the gangsta-lean isn't always easy, especially if he understands your intentions. To prevent you from locking in the slow triangle, a lot of opponents will wedge their trapped arm underneath your armpit, reach across their body, and attempt to rescue the hand you're pinning to the mat. Although it can be difficult to lock in the slow triangle when your opponent is successful with this tactic, it presents a perfect opportunity for you to transition into the spider web, which gives you a better chance at finishing your opponent than the slow triangle. Your opponent may have crawled out of the frying pan by freeing his trapped arm, but in doing so he crawled right into the fire.



I've established the gangsta-lean.



Shigeki manages to get his right hand underneath my left armpit, which allows him to turn away from me and roll onto his left side.





As Shigeki pushes his right arm all the way through to save his left arm, I do two things at once. I pull his left arm off the mat using my right hand, and I sink in my deep left hook. Notice how I've lined up the crook of my left elbow with the crook of his right elbow, as well as how I reach my left hand toward my right hip to keep his arm trapped.



Now that I have my deep left hook in place, I wrap my right leg underneath his left shoulder and squeeze my legs together. It's important to mention that I'm driving the weight of my body into his right ribs to prevent him from turning back into me and escaping the arm bar.



To limit Shigeki's ability to escape as I transition into the spider web position, I turn my shoulders in a clockwise direction with the intention of wrapping my right arm around his right leg.



I secure control of Shigeki's right leg by wrapping my right arm around the outside of his right thigh.





Now that I have control of Shigeki's right leg, I begin transitioning to the spider web position by rolling onto my lower back and sliding my left leg out from underneath his right shoulder.



Still leaning back, I pull my left leg out from underneath Shigeki's right shoulder and start bringing it over the top of his head.



To secure the spider web position, I maneuver my left leg over Shigeki's head and drive my left foot downward, pinning his head to the mat. I still have a deep left hook on his right arm, I'm still controlling his right leg with my right arm, and I'm coiling my legs in tight. To learn your finishing options from here, pick up a copy of my book 'Mastering the Rubber Guard.'



The Flame

In the previous technique, your opponent wedged his trapped arm underneath your armpit and then reached his arm across his body in an attempt to rescue his hand that you pinned to the mat, allowing you to establish a deep hook on his arm and transition from the gangsta-lean into the spider web. It's a great transition, but after using it a couple of times, the chances are your opponent will catch on. Instead of trying to escape the slow triangle by wedging his trapped arm underneath your armpit, he will attempt to escape by swinging his leg up toward your head, hooking his leg around the arm you're using to pin his wrist to the mat, and then breaking your grip by forcing his leg downward. His hope is to escape the slow triangle frying pan, but in reality he's crawling into the flame because it allows you wrap your arm around his leg and secure a hook. Once you have that hook, clasping your hands together using an S-grip puts your opponent into a cradle hold. From there, you posture up and drive forward with your hips and chest. This pushes your opponent's trapped arm out from underneath your armpit, which in turn allows you to secure a deep hook on his arm and assume the spider web position. The main difference between this technique and the last is that here you're hooking your opponent's leg before his arm.



1 I've established the gangsta-lean.



2 In an attempt to escape, Shigeki brings his right leg over his left leg and rolls onto his left hip. As he does this, I keep his shoulders pinned to the mat to prevent him from rolling me over and escaping the mount position.

