



Master Cycle® | Blue Belt Stripe 1 | Chapter 2: Side Mount

Listed below are the Side Mount techniques required for promotion to Blue Belt Stripe 1. Since it may take several months to perfect a technique, we encourage you to use this document to track your confidence in the execution of each technique: checking the “L” indicates low confidence, the “M” indicates medium confidence, and the “H” indicates high confidence. Use this document to assist you during test-prep training sessions.

Ch 2.1: Side Mount Controls									
Control Flow	L	M	H	Knee on Stomach	L	M	H		
1) Smart Knee				1) Basic Control					
2) Modified Side Mount Transition				2) Bridge Entry					
3) High Step Mount Transition				3) Side Drop					
				4) Mount Drop					

Ch 2.2: Side Mount Escapes									
Bump and Shoot	L	M	H	High-low Guard	L	M	H		
1) Standard				1) Basic Control (Preparation Drill)					
2) Cross Chest				2) Bump and Shoot					
3) Foot Release				3) Modified Shot					
				4) Shrimp Failure					

Ch 2.3: Side Mount Submissions									
Americana Armlock	L	M	H	Elbow Cup Armbar	L	M	H		
1) Cross Chest				1) Basic Spin					
2) Rat Trap				2) Standard Variation					
3) Shoulder Drive				3) Americana Fake					
4) Extended Americana									

Ch 2.4: Side Mount Submission Counters			
Safe Hands	L	M	H
1) Outside Hook			
2) Inside Hook			
3) Isolated Arm			
4) Body Lock			