



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

Listed below are the mount techniques covered in the BBS1 curriculum on GracieUniversity.com. Since it may take several months to perfect a technique, you are encouraged to use this document to track your confidence in the execution of the slices of each technique: checking the “L” indicates low confidence, the “M” indicates medium confidence, and the “H” indicates high confidence. When the chapter is complete, use this document to assist you during review sessions in future chapters.

Ch 1.1: Mount Controls								
Super Hooks	L	M	H	High Mount	L	M	H	
1) Full Hips				1) Wrist Scoop				
2) Tuck and Shoot				2) Elbow Scoop				
3) High Hooks				3) Choke Scoop				
4) Emergency Hooks								

Ch 1.2: Mount Escapes								
Surprise Rolls	L	M	H	Surprise Elbows	L	M	H	
1) Neck-hug Variation				1) Elbow Escape Review				
2) Punch Block Variation				2) Spread Foot				
3) Forearm Choke Variation				3) Spread Knee				
				4) Spread Hand				

Ch 1.3: Mount Submission Counters											
Americana Armlock	L	M	H	Straight Armlock	L	M	H	Twisting Arm Control	L	M	H
1) Bump and Recover				1) Block and Sit				1) Head Slip			
2) Emergency Escape				2) Slip and Sit				2) Full Spin			
3) Crossover Tuck								3) Block and Sit			

Ch 1.4: Mount Submissions								
Neck-hug Sequence	L	M	H	Cross Choke Sequence	L	M	H	
1) Wrist Isolation				1) Palm Up				
2) Figure-Four Armbar				2) Thumb Inside				
3) TAC Transfer				3) Choke Combos				
				4) Super Hooks				