



# DOMINATE FROM THE MOUNT POSITION

**9 Secrets of Dominating  
from the MMA Mount**

# Dominate the Mount

## 9 Secrets to Dominating from the Mount in MMA

Published by: Jeff Joslin MMA  
436 Concession Street  
Hamilton, Ontario  
L9A 1C2

E-mail: [info@jeffjoslinmma.com](mailto:info@jeffjoslinmma.com)  
Web: [www.jeffjoslinmma.com](http://www.jeffjoslinmma.com)

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As you feel the opponent's shin slide completely across your stomach you know things are about to get worse very quickly. The crowd roars as the knee of your opponent touches the floor beside you. He's mounted you!

Quickly turning on your side, you try to escape using a move that has worked countless times for you during your training. In a second or two there's not doubt in your mind that you'll have your opponent back inside your closed guard or half guard at the very least.

As the first punch, thrown from above you, smashes into your jaw you begin to escape your hips with a greater sense of urgency than you've ever felt before inside the gym. As the next three shots pound your head repeatedly into the canvas you realize that your escape attempt must not be working.

As panic sets in you turn onto your side to avoid the assault from above. Another punch that feels twice as powerful as the ones thrown previously, lands squarely in the center of your face. Instantly you're finding it tough to breathe through your nose.

That's about all that you remember until you had a chance, some 30 minutes later, to sit down inside your dressing room and watch a recording of the fight that your buddy recorded on his Iphone. The images of your opponent pounding the sides –and back a few times-- of your head until you slump over into unconsciousness is something you'll ever need to watch again.

Minutes later, sitting hunched over on the dressing room bench, you wonder where you had gone wrong. You should have been able to get out of that mount position. There's no way he was physically stronger, more athletic or experienced than the guys you train with at the gym every day. It just doesn't make sense.

After much thinking you still can't come up with an answer to the question. All you know is that you don't ever want to get knocked out again.



**After reading the story above it's easy to see that being skilled at escaping the mount is very important in mixed martial arts training and fighting.**

**However, from an offensive stand point, mount control and submission/striking ability, is equally as important for success during MMA training and competition but still remains a very underdeveloped part of many mixed martial artists skill sets. In the story above, it's clear that the fighter that obtained the mount was a master of the many technique details that many others are missing.**

**A high percentage of MMA'ers out there have trouble properly controlling and submitting their opponents from the mount position. They think that just getting to the mount position is enough to win fights on the ground.**

**That is totally not true!**

**Getting the mount without knowing the key details of proper control, timing and submission is very dangerous!**

**Without the proper techniques --there's lots of them- you'll find yourself getting rolled over to the bottom position with your opponent moving to the top. From there you'll expend way too much energy and will instantly become vulnerable to strikes, some of which can cut you open or knock you out.**

**A high percentage of MMA fighters will say they prefer side control over the mount because of that very reason.**

**I agree with them that it's not easy for an opponent to gain the top position if they maintain their top control from the side.**

**but....**

**I know that if they had a chance to learn and took the time to master the tiniest of details that make for a tight, heavy, nearly un-escapable mount that they would feel completely different about things. Their new found confidence in the position would have them constantly looking to gain the mount during both their training and fights. Once they get there, their opponents would be in big trouble!**

**A strong mount position gives you the following:**

- **The ability to hit without being hit in return**
- **The ability to hit powerfully with very little interruption**
- **Many chances to submit your opponent via choke or arm lock**
- **A chance to relax during the fight while your opponent struggles and wastes energy**
- **Win rounds with the judges by spending plenty of time in the most visibly dominate position there is**

To help you with your MMA mount, I'm going to breakdown what I think are the most important tips when it comes to using the position in a fight. These are things that I've learned throughout my professional MMA career as both a fighter and coach.

### **Tip #1 – Use the Low mount vs. a Fresh Opponent**

So often a fighter begins striking immediately after they achieve the mount position. That is a big mistake! First off, your opponent is fearful of getting hit so they will go crazy when you start to strike them. They may also have a lot of energy left at that point which can make it very difficult to hold them down during their burst to escape.

By striking right away you give them a chance to survive and escape. I have my fighters lock themselves into what I call "The Low Mount" position first with the purpose of maintaining their position at all times. As an opponent struggles to escape, the low mount saps the bottom fight of all of their energy and can go a long way towards breaking them down mentally.

Once an opponent calms down, mostly often when fatigue sets in, it's then time to establish the high mount and look to finish the fight via punches, elbows, hammer fist strikes or a slick submission.



### **Tip #2 - Strike in Fours**

When you strike from the mount be very careful not to punch yourself out –meaning wasting all your energy-- by throwing wild non-stop inaccurate punches at your grounded opponent.

Instead, throw four fast, crisp, accurate punches at a time then take a moment to make sure your positioning is flawless so that you don't lose control of your opponent. Between flurries, keep your eyes open for potential submission hold opportunities, most commonly the arm lock if they push away with their arms or the rear naked choke if they happen to turn over to their stomachs while trying to escape.

Focusing on four strikes at a time will help you stay calm, in control your opponent and will keep your gas tank full with the fuel you'll need throughout the remainder of the round.

### **Tip #3 - Strike with Varied Speed**

As you strike your opponent from the mount, be sure to mix up the speed, intensity and rhythm of your punching/elbow attacks. Your opponent will barely be able to see your punches coming but will get used to defending themselves according to the rhythm of your hits. Keep them guessing by mixing things up. I guarantee that you will land your first punch of every combo more often than if you punch using an even rhythm.

## Tip #4 - Soften them up with Side Control

So you've scored a takedown, passed any guard that was there and have found yourself in the side control position. Even if you see an opportunity to mount your opponent right away I suggest waiting for a bit.

Take some time to drain the opponent's energy by using side control in the meanest of ways: Crush their jaw with your shoulder from the cross face position; elbow the face and body when it's safe to do so; throw some skyscraper knees to their close side ribcage and shoulder/arm areas. In between all of that, make sure that they are constantly struggling to escape without success.

Once you feel their energy level –imagine it like a character's energy bar in a video game— become depleted, carefully take the mount when you have the chance. The fight will then be close to over due to the fact that your opponent will be weaker defensively; more vulnerable to both strikes and submissions. I'll bet that soon after you'll be having your hand raised by the referee.

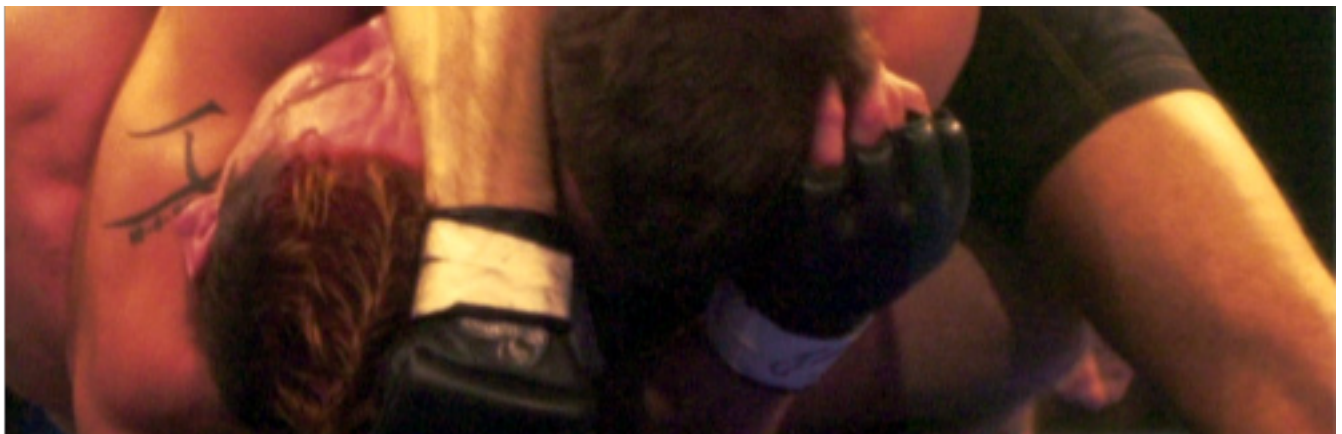
## Tip #5 - Be careful with Arm Locks

Sometimes when you find yourself in the mount position there will be opportunities to apply the classic spin type arm lock which will hyper-extend the elbow of your opponent. The opportunity comes in the form of an opponent trying to push you away with their arms.

You need to be careful at that point. If you go for the arm lock and your opponent escapes due to extreme flexibility or fantastic arm lock escape technique you will find yourself on the bottom with an aggressive opponent over top of you looking to strike back.

In most situations I suggest staying mounted so that you can continue scoring points with the judges, doing damage to your opponent while tiring them out even more.

The best time to take advantage of the chance to attack an arm is when the round is nearly over or when you feel your opponent is too tired to offer much defence to your attack.



## **Tip #6 Do Damage!**

Some fighters are so used to sport grappling and Brazilian Jiu-Jitsu that when they get the mount position they forget to strike. Maybe they don't know how to do it well without getting tired or that they haven't trained doing it in the gym. Instead, they simply hold on and look for submission holds.

The problem with only looking for submission holds or control is that if you don't strike them hard and often, a skilled opponent will not make the mistake you'll need to capitalize on in order to score a submission.

Also, your opponent, if they escape the mount will not be any worse for the wear because you caused no damage to them when you had the chance.

Be ready to strike hard and fast when mounted to cause the damage necessary to weaken your opponent's ability to fight and increase your chances of winning any decisions made by the judges.

Your mount should be a nightmare for your opponent! Do not let them off easy by simply grappling with them from that position. Do some damage!

## **Tip #7 – Target Your Strikes**

I learned this lesson early on in my pro career during a fight when I had the full mount position on my opponents.

Looking down at the guy I had mounted I threw one of the hardest punches I've ever thrown directly at his jaw. It smashed into the intended target without bumping into any obstacles and I expected a KO to happen right then and there.

Much to my surprised my opponent kept fighting on like nothing had happened!

I eventually won the fight from mount via TKO due to an accumulation of punches landed but afterward I thought long and hard about why that punch to the jaw didn't end the fight.

Eventually I figured it out. It was because the ground below him had stopped his head from doing the snap back motion necessary for a KO finish. From that point onwards I changed my mount striking strategy in several ways.

Here's what I suggest you –and all my fighters-- do when striking from the mount:

Throw circular (hook type) punches and try to hit the jaw from the side instead of head on. When striking in a straight downward motion, don't aim at the jaw; instead shoot for the temple/eye socket area. This strategy has proven to be much more effective for both myself and my fighters and I know you'll experience the same results.

## **Tip #8 - Strike Your Opponent When They Try to Escape**

Know that your opponent will try to escape from the mount as soon as you establish it. They will do that because the mount is scary especially if you get caught in it when you're tired. Look for them to attempt to trap your arms and roll you over or to try to move their hips away from you to place you into their guard position.

Be ready for both of these attempts and use solid technique to remain in good position at all times. While you're at it be sure to strike your opponent with punches, hammer fists and elbow strikes. This will disrupt their escape attempts by causing them to alternate between trying to escape the mount and blocking their face. If they don't block their face, strike them hard and you may score yourself an impressive TKO or KO victory.

## **Tip #9 - Be Careful by the Cage**

Be careful when mounting an opponent near the cage as the fence can give them a greater opportunity to escape than they would have if they were in the center of the cage.

If their head touches the cage they may be able to push themselves up into a seated position with their back flat against the fence. This will make holding the mount nearly impossible and they may be able to wall walk their way back onto their feet.

You will also find that an opponent can get an extra boost of power in their ability to bridge and roll you over if you allow them to place the soles of their feet against the cage wall. It always looks cool when they do that but it won't be cool for you if you end up on the bottom after losing the best position in the game.

Be sure to keep the opponent's head and feet away from the cage so that you can maintain control of the mount while being able to strike and apply submission holds comfortably whenever you get the chance.

Well, that's the end of the mount position tips I wanted to share with you. I hope they help you out in your training and competition.

If you have any training questions along the way feel free to email me at [info@jeffjoslinmma.com](mailto:info@jeffjoslinmma.com) anytime.

If you really want to develop a kick-ass mount position check out my new series called "Dominating the Mount Position".

I hold nothing back in this series and show you everything –including secrets my own students don't even know-- you'll need to make your mount position an absolute nightmare for you opponents and training partners.



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Feedback is very important to me. Let me know what you like about this report and what you don't like because my goal is to make this an extremely valuable resource for you.

If you have any questions or comments, please do not hesitate to ask. I can personally be contacted at [info@jeffjoslinmma.com](mailto:info@jeffjoslinmma.com) and will reply within 48 hours.

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## About the Author

Jeff "The Inferno" Joslin is a martial artist in the truest sense of the term. Born and raised in Hamilton, Ontario, Canada, Jeff grew up engulfed in the martial arts. His father, Rick, a three-time Canadian karate champion, opened up the family academy back in 1967.

Starting his training at only five years of age, Joslin has developed tremendous depth in his martial arts skills. A black belt in both Karate (5th Degree) and Brazilian Jiu-Jitsu, Jeff has won over 200 first place titles in striking, Brazilian Jiu-Jitsu and submission wrestling competition spanning two decades. Jeff took gold at the Pan American BJJ championships -- the first Canadian in history to do so-- as a purple belt, is a Grappler's Quest U.S Nationals submission wrestling champion and won the Arnold/Gracie World BJJ Championships open weight division as a brown belt.

Jeff possesses a unique mixed martial arts striking style that blends the best of his extensive karate and kickboxing background with the strong boxing skill set he developed through many years of training with some of Canada's best boxers and trainers.

In mixed martial arts competition, Jeff is the Apex fighting Welterweight World Champion. He has fought in the Ultimate Fighting Championship (UFC), TKO, Hardcore Championship fighting, and a number of other MMA events.

As an MMA coach Jeff has trained numerous pro-fighters over the years and was invited by 15-time UFC Veteran Spencer "The King" Fisher to be the head coach for his UFC 120 Training Camp in Iowa. The fight took place in London, England where Spencer won by Unanimous decision.

Jeff also works as a professional commentator and has commentated numerous mixed martial arts events several of which have been broad casted on national television. He has also been a featured guest on TSN's popular television show "Off the Record" and has discussed, debated and explained the sport of mixed martial arts on many other television programs.

He is the founder of MMA QuickStart, an online mixed martial arts training program that will jump start your MMA training in only 12 weeks!

Jeff also runs [www.jeffjoslinmma.com](http://www.jeffjoslinmma.com), a mixed martial arts website dedicated to helping others develop their MMA skill sets through online training videos, live video streaming, useful training tips and more.

