

Armbar Series

1. Armbar with Wrist

Suggested Breakdown: Coffee Grinder

A. Use your chin in his spine to get the armbar in.

B. Keep the armbar at **90 degrees** and **roll your knuckles** on his spine to get his arm and hand outside your hip.

C. Roll the **wrist** into his **belly**.

D. **Scissor your** legs so they go over / under motion until he is on his back.

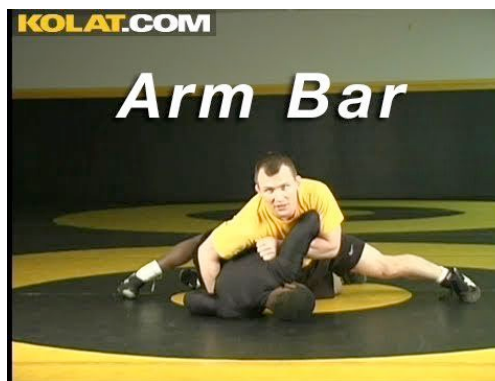
E. When he is on his back the near leg should be **scooping (hook)** his head.



A.



B. and C.



D.



E.



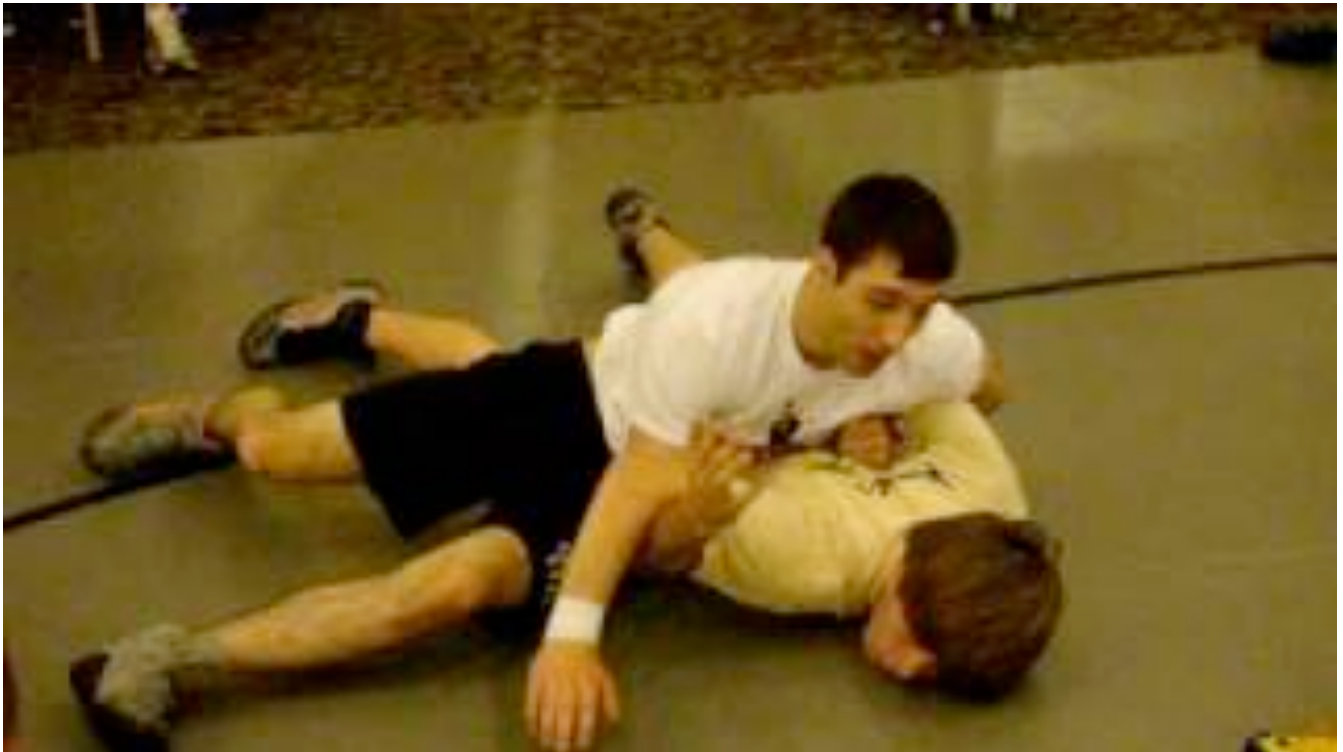
Armbar Series

2. Armbar Hook

(Don't waste time getting the wrist when you can hook the shoulder.)

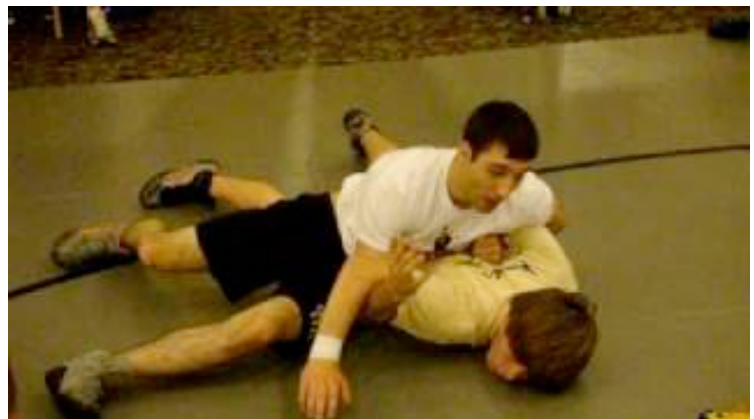
Suggested Breakdown: Coffee Grinder

- A. If you can get the wrist cup (Hook) the shoulder.
- B. Cupping or Hooking the shoulder and scissor kick though.



A. Hard time getting the wrist! Don't waste time getting it cup the shoulder.

B. Once you cup the shoulder scissor kick and walk over the head.



Armbar Series

3. Armbar Suck back

(Don't waste time trying to force an armbar use momentum running the armbar and jump over to suck him back.)

Suggested Breakdown: Coffee Grinder

A. Run the armbar to get momentum to go forward.

B. Once you get the forward momentum then jump over his body to suck him back.



A.



B.



Armbar Series



Armbar Series

1. Armbar with Wrist
2. Armbar Hook
3. Armbar Such Back
3. Armbar Seeger
4. Armbar Carlsen
5. Armbar 1/2
6. Armbar w wrist run to back or at base Dump
7. Armbar tilt