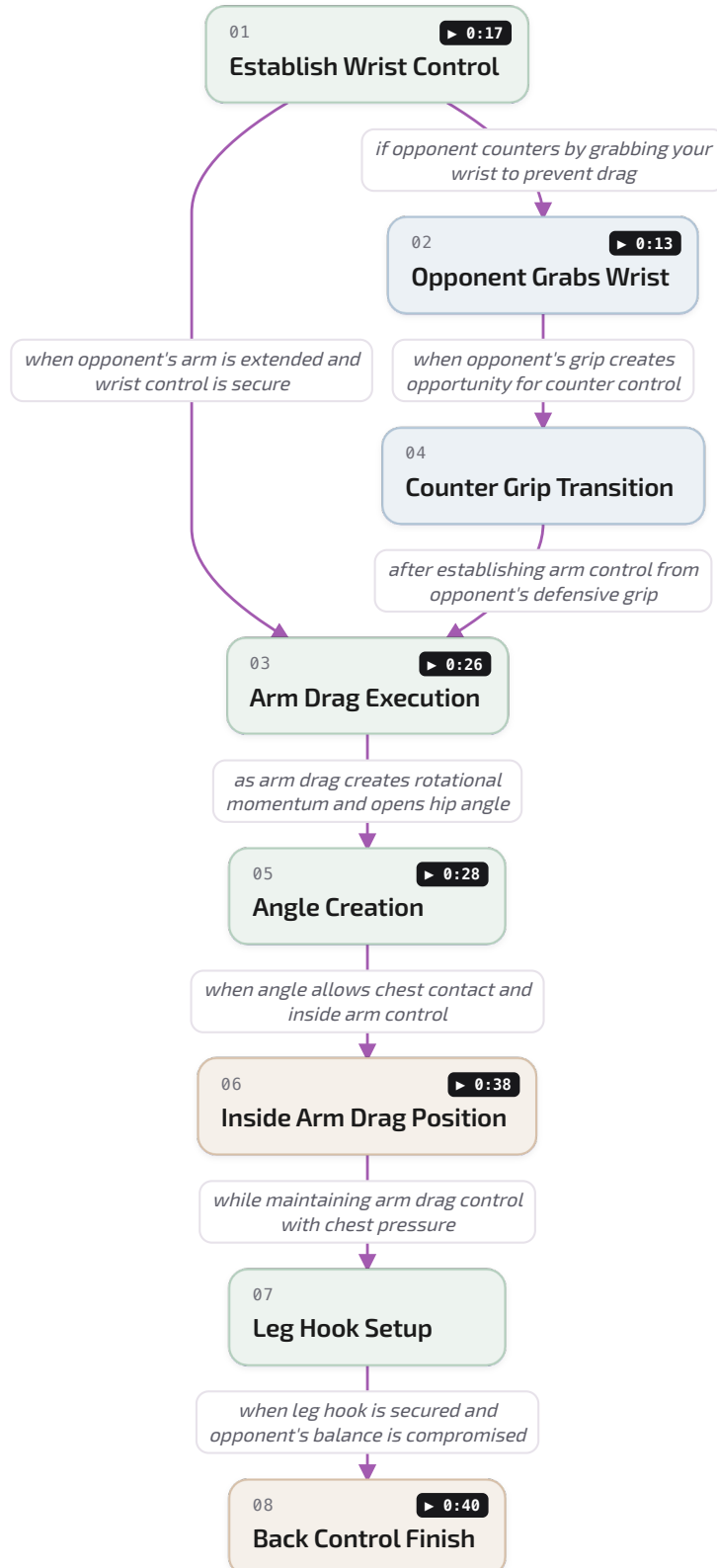


• TAKING THE BACK • 8 POSITIONS

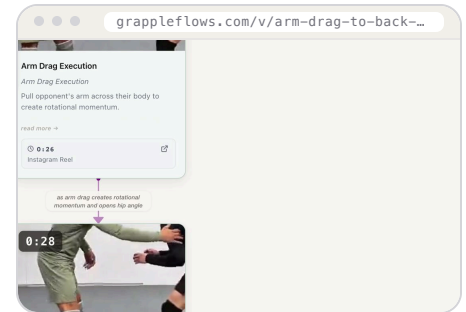
# Arm drag to back take. Every reaction, mapped.

A system for using arm drags to create angles and secure back control from standing or close quarters.



Position Action Reaction

1:48 Video in the app



On paper, the map.  
In the app, the whole lesson.

Every step opens its video at the right moment, with the full notes behind every box. Free to open, no account needed.



SCAN FOR THE LIVE VERSION  
GRAPPLEFLOWS.COM

## Study notes: Arm drag to back take

Numbers match the chart. Arrows list each branch and the reaction that triggers it. ▶ marks a step with video in the live version: [grappleflows.com/v/arm-drag-to-back-take-system-06e29c11z](https://grappleflows.com/v/arm-drag-to-back-take-system-06e29c11z)

### 01 ■ Establish Wrist Control ▶ 0:17

- Initial grip on opponent's wrist to set up arm drag opportunities.
- Grip wrist with same-side hand to control arm movement
- Maintain shoulder alignment to prevent opponent's counter-grip
- When opponent's arm is extended and wrist control is secure: **Arm Drag Execution** 03
- If opponent counters by grabbing your wrist to prevent drag: **Opponent Grabs Wrist** 02

### 02 ■ Opponent Grabs Wrist ▶ 0:13

- Opponent counters wrist control by establishing their own grip.
- Opponent grips your wrist to prevent arm drag initiation
- Opponent uses grip to control distance and posture
- Opponent may turn shoulder inward to defend against drag
- When opponent's grip creates opportunity for counter control: **Counter Grip Transition** 04

### 03 ■ Arm Drag Execution ▶ 0:26

- Pull opponent's arm across their body to create rotational momentum.
- Pull wrist diagonally toward opposite hip to break posture
- Step same-side foot behind opponent's leg to block retreat
- Keep elbow tight to body to maintain control during drag
- As arm drag creates rotational momentum and opens hip angle: **Angle Creation** 05

### 04 ■ Counter Grip Transition

- Convert opponent's wrist grip into your own arm control position.
- Rotate wrist to break opponent's grip and establish your own
- Step angle to create leverage against opponent's arm
- Maintain elbow control to prevent opponent's posture recovery
- After establishing arm control from opponent's defensive grip: **Arm Drag Execution** 03

### 05 ■ Angle Creation ▶ 0:28

- Use arm drag momentum to step around opponent's side for back exposure.
- Pivot hips to face opponent's back as arm drag completes
- Step outside foot behind opponent's far leg to secure angle
- Maintain chest-to-chest pressure to prevent opponent's turn
- When angle allows chest contact and inside arm control: **Inside Arm Drag Position** 06

### 06 ■ Inside Arm Drag Position ▶ 0:38

- Secure control of opponent's arm from inside position with chest contact.
- Keep opponent's arm pinned between your chest and arm
- Maintain shoulder pressure into opponent's armpit to limit movement
- Control wrist with same-side hand to prevent grip breaks
- While maintaining arm drag control with chest pressure: **Leg Hook Setup** 07

### 07 ■ Leg Hook Setup

- Use free hand to secure leg hook while maintaining arm drag control.
- Slap hand behind opponent's near thigh to establish hook position
- Keep hips close to opponent's body to maintain pressure
- Angle knees inward to control opponent's hip rotation
- When leg hook is secured and opponent's balance is compromised: **Back Control Finish** 08

### 08 ■ Back Control Finish ▶ 0:40

- Secure full back control with hooks and upper body connection.
- Wrap both legs around opponent's hips with heel hooks
- Maintain chest-to-chest contact to control upper body
- Secure seatbelt grip with arms around opponent's torso