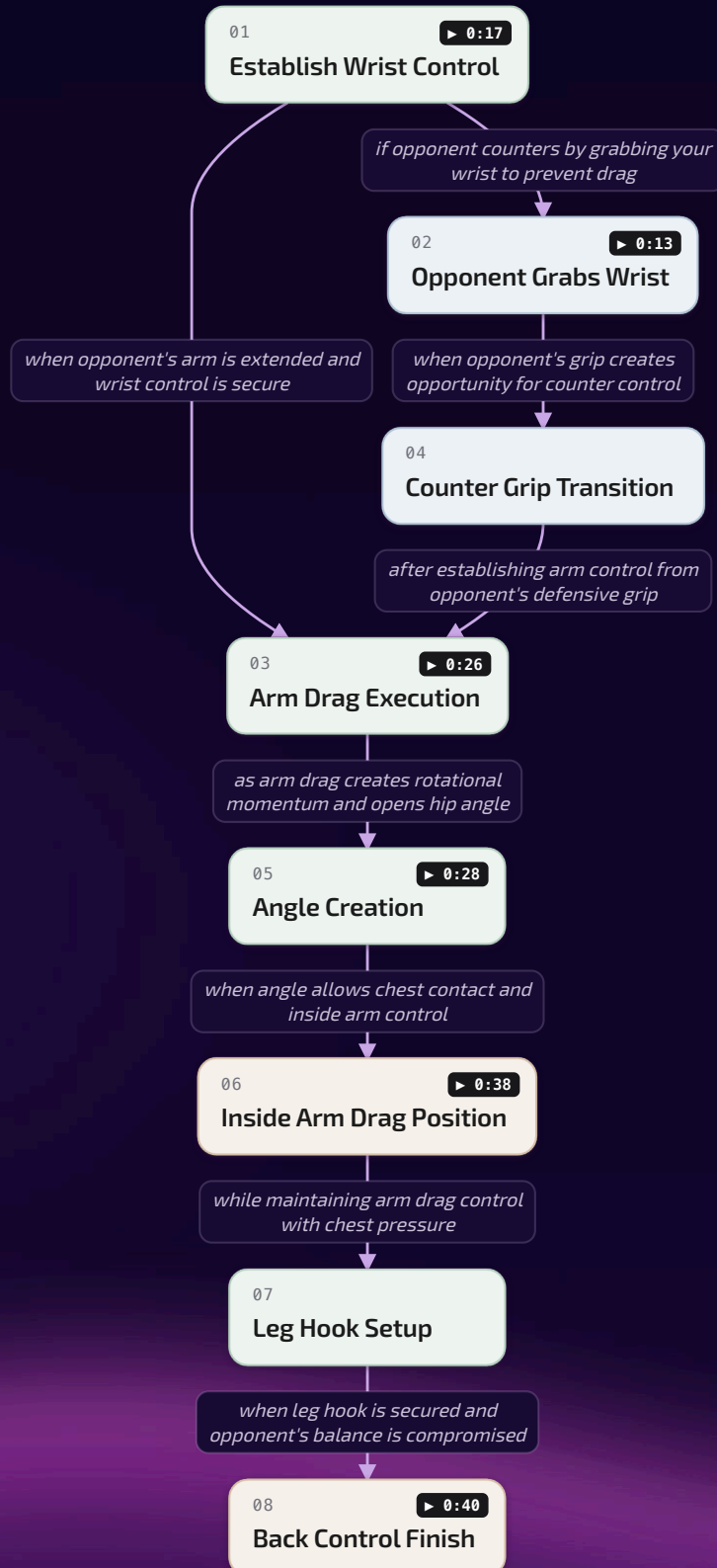


• TAKING THE BACK • 8 POSITIONS

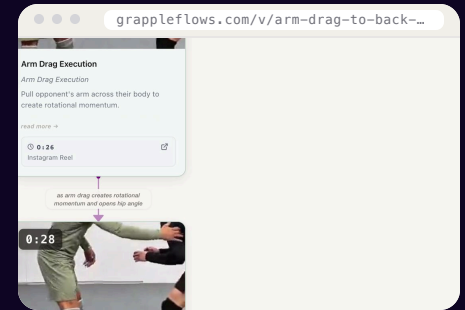
Arm drag to back take. Every reaction, mapped.

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

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