

• SINGLE-LEG X GUARD • 8 POSITIONS

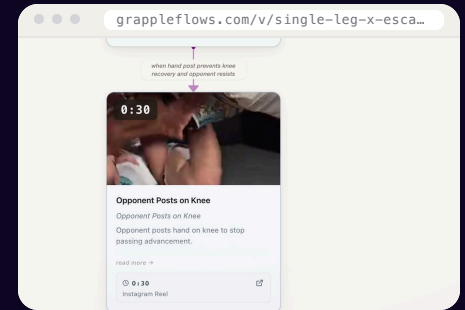
Single leg X escape to armbar.

Every reaction, mapped.

A systematic escape from single leg X guard that transitions into an arm bar attack.



Position Action Reaction
Submission ▶ 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: Single leg X escape to armbar

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/single-leg-x-escape-to-arm-bar-2a7aeaf2z

01 ■ Single Leg X Guard

- Bottom player controls one leg with X-guard configuration to off-balance.
- Top leg hooks behind opponent's thigh for control
- Bottom leg frames against hip to create distance
- Upper body postures to maintain balance and pressure
- When opponent controls leg with single leg X configuration: **Clear Foot from Hip** 02

02 ■ Clear Foot from Hip ▶ 0:11

- Grab arch of foot and press away to prevent X-guard entry.
- Hand grips arch of foot firmly for control
- Press foot away from body to break leg connection
- Maintain hip distance to prevent re-engagement
- After clearing foot from hip to create space for movement: **Post and Hop Around** 03

03 ■ Post and Hop Around

- Use free hand to post and hop around opponent's inside knee.
- Free hand posts on mat for base and stability
- Hip rotates to align with opponent's inside knee
- Small hops create space for leg clearance
- As hopping around knee opens gap behind opponent's hip: **Drive Hand Behind Leg** 04

04 ■ Drive Hand Behind Leg ▶ 0:22

- Drive hand between hip and leg to post and prevent knee recovery.
- Hand drives down behind opponent's hip
- Post on mat to create frame against leg
- Pressure applied to limit opponent's mobility
- When hand post prevents knee recovery and opponent resists: **Opponent Posts on Knee** 05

05 ■ Opponent Posts on Knee ▶ 0:30

- Opponent posts hand on knee to stop passing advancement.
- Hand posts firmly on top of knee for resistance
- Body weight shifts to counter forward pressure
- Hip angle adjusts to maintain defensive posture
- If opponent posts on knee to stop passing advancement: **Pull Tricep and Slide Knee** 06

06 ■ Pull Tricep and Slide Knee ▶ 0:34

- Pull opponent's tricep up and slide knee in to create arm bar angle.
- Grip tricep and pull upward to extend arm
- Knee slides in tight to opponent's side
- Hip rotates to align with arm for leverage
- Once tricep is pulled and knee slides in for arm bar angle: **Fall Back and Throw Leg** 07

07 ■ Fall Back and Throw Leg ▶ 0:36

- Fall back and throw leg over head to secure arm bar position.
- Body falls back to create downward pressure
- Leg swings over opponent's head to trap arm
- Hips elevate to apply leverage on elbow joint
- After falling back and throwing leg over head to trap arm: **Arm Bar Finish** 08

08 ■ Arm Bar Finish ▶ 0:30

- Secure arm bar by squeezing knees and extending hips for submission.
- Knees squeeze together to isolate arm
- Hips extend upward to hyperextend elbow
- Shoulders press down to limit opponent's movement