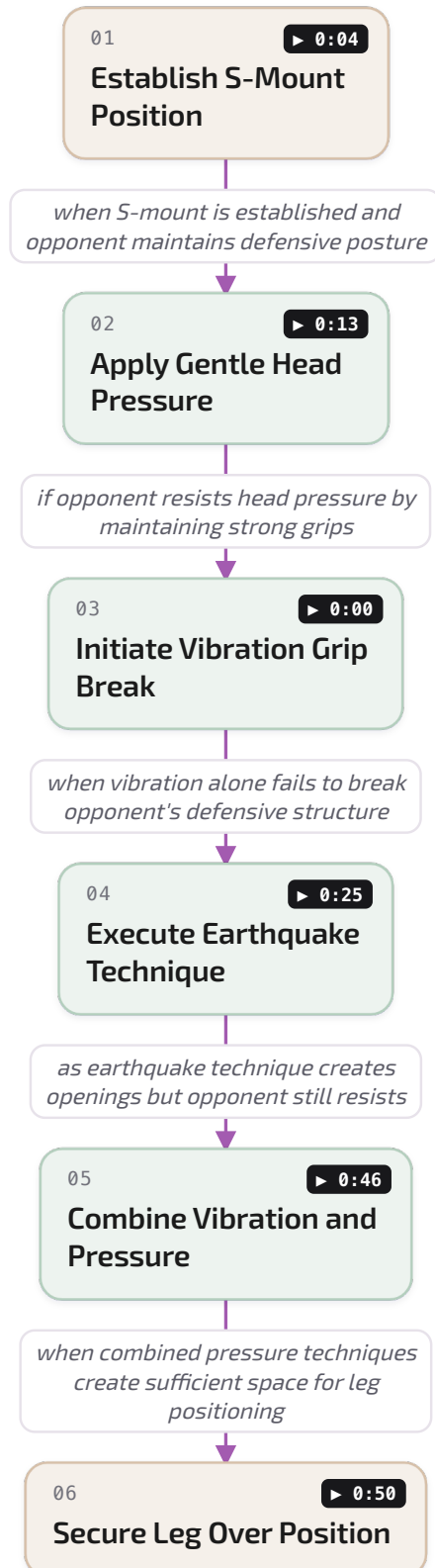


• MOUNT • 6 POSITIONS

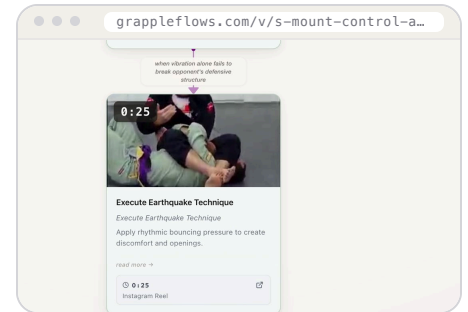
S-mount control and finishes.

Every reaction, mapped.

A system for establishing S-mount control and applying submission pressure through vibration and positional adjustments.



Position Action 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: S-mount control and finishes

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/s-mount-control-and-submission-finishing-e9887312z

01 ■ Establish S-Mount Position ▶ 0:04

- Secure S-mount by controlling the opponent's hips and driving weight forward.
 - Pull leg towards you to capture around opponent's hips
 - Step off opponent's head to create leverage for mount entry
 - Drive up onto opponent with chest pressure to secure position
- When S-mount is established and opponent maintains defensive posture: **Apply Gentle Head Pressure** 02

02 ■ Apply Gentle Head Pressure ▶ 0:13

- Use controlled head pressure to create openings in opponent's defense.
 - Apply gentle forward pressure with hands on opponent's head
 - Maintain chest-to-chest contact to limit opponent's movement options
 - Wait for opponent's head to tilt back to exploit defensive gap
- If opponent resists head pressure by maintaining strong grips: **Initiate Vibration Grip Break** 03

03 ■ Initiate Vibration Grip Break ▶ 0:00

- Break opponent's grips by adding vibration to create instability.
 - Add small amplitude vibration to grips to disrupt opponent's hold
 - Maintain hip control while applying rhythmic pressure variations
 - Use vibration to fatigue opponent's grip strength over time
- When vibration alone fails to break opponent's defensive structure: **Execute Earthquake Technique** 04

04 ■ Execute Earthquake Technique ▶ 0:25

- Apply rhythmic bouncing pressure to create discomfort and openings.
 - Bounce heels off mat to generate upward pressure through opponent's body
 - Maintain S-mount leg positioning while creating rhythmic disturbance
 - Start gently and increase intensity gradually to overwhelm opponent
- As earthquake technique creates openings but opponent still resists: **Combine Vibration and Pressure** 05

05 ■ Combine Vibration and Pressure ▶ 0:46

- Integrate multiple pressure techniques to create cumulative submission effect.
 - Layer vibration with rhythmic bouncing for compound pressure effect
 - Maintain chest-to-chest contact while varying pressure application methods
 - Use leg positioning to control opponent's hip rotation during pressure cycles
- When combined pressure techniques create sufficient space for leg positioning: **Secure Leg Over Position** 06

06 ■ Secure Leg Over Position ▶ 0:50

- Finalize control by securing leg positioning for submission completion.
- Get leg over opponent's body to establish dominant angle
- Maintain hip pressure while adjusting leg positioning for optimal control
- Use combined pressure techniques to prevent opponent's defensive adjustments