

Integrated Martial Arts - Arm Bar to Spin Under Arm Bar

“Black” is in “Whites” closed guard as “White” controls “Blacks” arms.



“Black” senses the arm bar and moves in toward “Whites” head as a counter to prevent “White” from extending “Blacks” arm.

“White” releases his right arm and under hooks “Blacks” left leg while placing his left foot in “Blacks” right hip (maintaining a tight position).



As “Black” puts pressure toward “Whites” head, “White” begins to spin under “Black” by placing his right hand under “Blacks” securing it on the outside of “Blacks” right leg.

“White” then spins placing his left leg over “Blacks” back as he attempts an arm bar.



“White” continues his move spinning under “Black” keeping the arm secured all the time - Finally sliding out from under “Black” securing an arm bar.

“White” completes the move by placing his left leg over “Blacks” head.



“White” wants to make sure that he maintains control of “Blacks” arm throughout the move and as he “spins” under “Black” he maintains control of “Blacks” head with his legs.



Submitted by Integrated Martial Arts & Fitness
Don Edwards
www.imafit.com