

Pull Guard Arm Bar

Get your grips first. Right hand on his left same side collar and your left hand grab his right same side sleeve or elbow. We call this "BJJ grip sets or Judo grip sets." Traditional grips.



The same side you have the elbow or sleeve grip, that foot goes on his hip and fall on that same side shoulder so you don't hurt your back. You land at a 90% angle to



him, which actually sets you up for the armbar. Your now free leg swings back and under his arm pit setting up the arm bar. That leg goes horizontally over his back to keep him from posturing up and allows your submission leg to properly position. Now you have the exact opposite angle on him, ready to swing your submission leg over his head. **Swing left... then swing right. That's the arm bar.**

Take your right hand on his collar and push his head towards your



submission leg, making it easier to swing your leg over his head. Classic old school set up.

