

Technique: Arm Chokes**Overview**

If we can wrap our sneaky arms around his neck, we have several reliable chokes that can help us end the fight. In this lesson we will learn the Guillotine Choke for when the attacker lowers his head to tackle you, and the Rear Naked Choke for anytime we find ourselves behind an assailant.

Technical Slices**1. Guillotine Choke (Standing)**

- *Indicator:* Assailant attempts to tackle you while standing.
- *Essential Detail:* Effective wrap of the assailant's neck.
- *Most Common Mistake:* Failure to maintain a solid base during the tackle prevention.
- *Bad Guy Reminder:* Start slowly and then work your way up.
- *Drill Orders:* Basic choke practice, then start from distance control, 2 full reps, reverse roles.

2. Guillotine Choke (Guard-pull)

- *Indicator:* Assailant successfully tackles you to the ground after you wrap the neck.
- *Essential Detail:* Maintain control of the neck during the transition to the ground.
- *Most Common Mistake:* Failure to incorporate the whole body during the squeeze. *Bad Guy Reminder:* Keep your neck tight for safety.
- *Safety Tip:* Hold the neck, but not choke-tight during the fall.
- *Drill Orders:* Start from distance control, wrap the neck, pull guard, reverse roles.

3. Rear Naked Choke (Preparation Drill)

- *Essential Detail:* Align your elbow under the chin.
- *Most Common Mistake:* Squeezing with arm strength rather than back strength.
- *Bad Guy Reminder:* Tighten up your neck and make sure to clearly tap on your partners arm.
- *Drill Orders:* Sitting Rear Naked Choke application, one time on each side, reverse roles.

4. Rear Naked Choke (With Hooks)

- *Indicator:* Assailant tries to escape once the choke is applied.
- *Essential Detail:* Use your legs to remain connected to your opponents back.
- *Most Common Mistake:* Failure to keep consistent pressure on the neck.
- *Safety Tip:* Don't fully choke your partner until hooks/control have been verified.
- *Drill Orders:* Establish a (loose) choke position and insert hooks, ride for 10 seconds, execute choke, reverse roles.

Mindset Minute

When going for chokes, wrap deep, hold tight, and don't let go until the threat is neutralized. Chokes take time to work, so only apply as much pressure as needed to conserve your energy.