

**Technique:** Guillotine Defense

**Position:** Standing

### Overview

When you establish the clinch, and your opponent no longer has the space or distance to strike you effectively, they will often wrap your neck in an attempt to submit you. For this reason, the Guillotine Choke is one of the most common techniques used by unskilled individuals because it's simple and it gives them a feeling of control during the chaos. Although the proper clinch position should prevent the Guillotine Choke, your opponent may surprise you if your head is too low, and in this lesson, you will learn the most important Guillotine Defense principles.

### Technical Slices

#### 1. Standard Variation

- *Indicator:* Opponent catches you in a Guillotine Choke while standing
- *Essential Detail:* Move to the side opposite the choke
- *Most Common Mistake:* Weak knee chop and body fold
- *Bad Guy Reminder:* Keep your feet in a fixed position to allow your partner to achieve the angle
- *Safety Tip:* Control the descent by shuffling your feet north after the chop
- *Core Principles:* Anchor (25), Pivot (22)
- *Drill Orders:* Guillotine start, 1 rep, reverse roles

#### 2. Bonus: Outside Trip Variation

- *Indicator:* Opponent catches you in a Guillotine Choke while standing
- *Essential Detail:* Effective propulsion after the hook is inserted
- *Most Common Mistake:* Failure to "triangulate" immediately after the neck wrap
- *Bad Guy Reminder:* Keep your head from hitting the ground
- *Safety Tip:* Avoid crashing into your partner's ribs with too much weight
- *Core Principles:* Kuzushi (11), Overload (24)
- *Drill Orders:* Guillotine start, 1 rep, reverse roles

### Reflex Development Drill

*Practice the*

Guillotine Defense – Standing (L32)

*in combination with the*

Standing Headlock Defense – Standing (L26)

### Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Guillotine Defense – Standing (L32)
3. Headlock Escape 1 – Side Mount – Standard (L18)
4. Shrimp Escape – Side Mount – Shrimp & Shoot (L24)
5. Kimura Armlock – Guard – Forced Variation (L25)

### Mindset Minute

Never forget the Golden Rule: When stuck in the Guillotine, always move to the opposite side of the choke! If the standard knee chop is not successful, you may need to resort to a more assertive outside trip to get the fight to the ground. Either way, keep your chin tucked and act quickly.

### Street Tip: No Time Limit

In sport BJJ practice, time limits play a huge role in determining the outcome. For example, if you know you're only going to be competing for five minutes, you're going to use much more energy in much less time and when you're fully exhausted, you can rely on the clock to end the match and save you. In a street fight, you don't have the same safety net. The fight could last 10 seconds, or it could last 10 minutes, no one knows. Knowing that you can't rely on the clock to save you, you'll want to identify as many "check points" or safety positions where you can conserve energy and control your opponent without sustaining any damage. In a street fight, oftentimes it's not who attacks the most who wins, but rather, who exhausts the least.