

Technique: Guard Chokes**Overview**

If you are trapped in a confined space with a sexual predator, escape may not be an option. In this lesson, we teach you multiple chokes from the guard position, allowing you to render the attacker unconscious from the bottom of the fight! We will begin with one of the most famous jiu-jitsu techniques of all time, the Triangle Choke!

Technical Slices**1. Triangle Finish (Preparation Drill)**

- **Essential Detail:** Maintain head control anytime you uncross the legs.
- **Most Common Mistake:** Failure to squeeze thighs together when applying pressure.
- **Bad Guy Reminder:** Verify head and wrist controls throughout the entire technique.
- **Safety Tip:** Tap out.
- **Drill Orders:** Start from Triangle Set-up, 1 rep, reverse roles.

2. Triangle Choke (Giant Killer)

- **Indicator:** Assailant is in your guard and you seek to incapacitate him.
- **Essential Detail:** Effective foot positioning on the attacker's hips.
- **Most Common Mistake:** Not using the leg to keep the distance and control his drop into the choke.
- **Bad Guy Reminder:** Keep driving forward to simulate reality.
- **Safety Tip:** Be careful not to knee you partner in the chin.
- **Drill Orders:** Start from the guard, transition to Triangle Choke, reverse roles.

3. Triangle Choke (Stage 3)

- **Indicator:** Assailant is in your guard and you seek to incapacitate him.
- **Essential Detail:** Retracting one leg from Stage 3 and placing it over his shoulder to initiate triangle setup.
- **Most Common Mistake:** Not keeping hips elevated and pinching legs together to control him while transitioning to triangle setup.
- **Drill Orders:** Start from Stage 1, get to Stage 3, one rep, reverse roles.

4. Shirt Choke (Guard)

- **Indicator:** Assailant is in your guard and you seek to incapacitate him.
- **Essential Detail:** Establish your grips on the "bundled shirt" and bring your forearm around to the other side of his head.
- **Most Common Mistake:** Creating too much slack in the fabric with your grips.
- **Bad Guy Reminder:** Tighten your neck for protection.
- **Safety Tip:** Apply pressure to the choke slowly and steadily.
- **Drill Orders:** Start from the bottom of the guard, use one belt as the "shirt," one rep, reverse roles.

5. Guillotine Choke (Guard)

- **Indicator:** Assailant is in your guard and you seek to incapacitate him.
- **Essential Detail:** Sit up as straight as possible before wrapping the neck.
- **Most Common Mistake:** Failure to lie down immediately after the wrap.
- **Bad Guy Reminder:** Once you tap, help alleviate the pressure off their chest so they can let go of the choke.
- **Drill Orders:** Start from Stage 1, 1 rep, reverse roles.

Mindset Minute

Learning how to defeat someone from this seemingly disadvantageous position is one of the most empowering techniques in all of jiu-jitsu. Invest in your guard chokes, and you will learn that there are opportunities even from the most uncomfortable positions.