

**Technique:** Guillotine Choke

**Position:** Standing

### Overview

In a street fight, your opponent will most likely try to defeat you using one of two methods: 1) knock you out while standing, or 2) tackle you and then knock you out on the ground. You have already learned how to establish the clinch if they attempt to knock you out while standing. If instead, they try to tackle you, you should resort immediately to the Guillotine Choke. In this lesson you will learn the Basic Application first, and then you will learn the two variations that you can resort to in a street fight.

### Technical Slices

#### 1. Basic Application (Preparation Drill)

- Essential Detail: Hips forward and shoulders back during squeeze
- Most Common Mistake: Loose initial wrap
- Safety Tip: Tighten neck muscles for protection
- Core Principles: Tension (14), Overload (24)
- Drill Orders: Standing start, 1 rep on each side, reverse roles

#### 2. Standing Variation

- *Indicator:* Opponent attempts to tackle you
- Essential Detail: Sprawl out until the choke is fully secure then stand up to apply pressure
- Most Common Mistake: Trying to apply pressure from the sprawled position
- Bad Guy Reminder: Keep ample forward pressure during the initial entry
- Core Principles: Prevention (13), Pyramid (4), Frame (10)
- Drill Orders: Standing start, 1 rep on each side, reverse roles

#### 3. Guard Pull Variation

- *Indicator:* Opponent effectively resists the Standing Variation
- Essential Detail: High guard and full body extension during the squeeze
- Most Common Mistake: Loose neck control during the transition to guard
- Bad Guy Reminder: Tighten up your neck muscles and post your hands to soften the fall
- Safety Tip: Squat down and shoot your hips far back to avoid a knee to groin
- Core Principles: Fork (15), Kuzushi (11)
- Drill Orders: Standing start, 1 rep, reverse roles

#### 4. Bonus: Arm-In Guillotine

- *Indicator:* Opponent is in your guard and you aim to submit them
- Essential Detail: Targeted lateral pressure coupled with a side curl of the body
- Most Common Mistake: Shooting the arm too deep around the opponent's neck
- Bad Guy Reminder: Give feedback on the effectiveness
- Core Principles: Isolation (19), Overload (24)
- Drill Orders: Standing start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Guillotine Choke – Standing (L23)

*in combination with all variations of the*

Double Ankle Sweep – Guard (L20)

### Fight Simulation Drill

1. Guillotine Choke – Standing (L23)
2. Guillotine Choke – Guard Pull (L23)
3. Headlock Escape 2 – Side Mount – Punch Block (L22)
4. Take the Back – Mount (L4)
5. Rear Naked Choke – Back Mount – Strong Side (L5)
6. Elevator Sweep – Guard – Standard Variation (L11)
7. Americana Armlock – Mount – Standard Variation (L2)

### Mindset Minute

Of all the techniques that have been used successfully by Gracie Jiu-Jitsu students around the world, the Guillotine Choke is one of the most common. It is an extremely simple technique that is easy to catch on an unsuspecting opponent. Focus on perfecting your ability to establish the initial wrap quickly and tightly, and be sure to give the choke enough time to take effect.