

**Technique:** Triangle Choke

**Position:** Guard

### Overview

If you achieve the mount but are unable to maintain control, you should resort to the guard position. From the guard, you can neutralize punches and submit your opponent with one of several techniques. In this lesson, we will discuss the Triangle Choke which is one of the most amazing techniques of Gracie Jiu-Jitsu, since it gives any individual the ability to render their opponent unconscious from the bottom of the fight. In this lesson, you will learn the finishing steps first and then you will learn two effective methods for setting up and catching the Triangle Choke in a street fight.

### Technical Slices

#### 1. Triangle Finish (Preparation Drill)

- Essential Detail: Walk shoulders back to facilitate the neck bite and full lockup
- Most Common Mistake: No thigh squeeze and no patience during final squeeze
- Bad Guy Reminder: Don't forget to tap out
- Core Principles: Centerline (31), Mobility (30)
- Drill Orders: Triangle Setup start, 1 rep, reverse roles

#### 2. Stage 1.5 Variation

- *Indicator:* Opponent is in your guard and you are able to establish Stage 1.5
- Essential Detail: Full extension of the hips prior to slipping the leg over the shoulder
- Most Common Mistake: Failure to maintain head control any time the legs are uncrossed
- Core Principles: Tension (14), Centerline (31)
- Drill Orders: Stage 1 start, 1 rep, reverse roles

#### 3. Giant Killer Variation

- *Indicator:* Opponent is too large for the Stage 1.5 Variation
- Essential Detail: Effective creation of distance with head control and shrimp movement
- Most Common Mistake: Foot on hip instead of ground during the shrimp-out
- Bad Guy Reminder: Keep driving forward during the technique
- Safety Tip: Don't knee your partner in the chin during leg removal
- Core Principles: Redirection (29), Reconnaissance (12)
- Drill Orders: Stage 1 start, 1 rep, reverse roles

#### 4. Bonus: Slam Prevention

- *Indicator:* Opponent attempts to pick you up and slam you from within the Triangle Choke
- Essential Detail: Immediate underhook on the opponent's leg
- Most Common Mistake: Failure to hold your own shin with the other arm
- Core Principles: Anchor (25), Pivot (22)
- Drill Orders: Guard start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Punch Block Series (Stages 1-4) – Guard (L8)

*in combination with all variations of the*

Triangle Choke – Guard (L10)

### Fight Simulation Drill

1. Trap & Roll Escape – Mount – Punch Block (L1)
2. Positional Control – Mount – Anchor & Base (L3)
3. Armbar – Mount – Standard Variation (L9)
4. Punch Block Series – Guard – Stages 1-4-1 (L8)
5. Triangle Choke – Guard – Stage 1.5 (L10)

### Mindset Minute

Perfect the Triangle because it may save your life. Don't forget to respect the punches. Know your leg limitations and learn to trust the power of a partial Triangle lockup since that may be your only option against a much larger opponent. During the final squeeze, be sure to give the choke a chance to work by focusing on a controlled prolonged squeeze rather than an explosive short squeeze.