

Technique: Rear Takedown

Position: Standing

Overview

When you establish the clinch, your opponent's arm may end up over your head. In some cases it happens inadvertently, in other cases it's a deliberate attempt to catch you in a Guillotine Choke. Either way, any time your head ends up under your opponent's arm, you can use it to transition into the Rear Clinch control position, from where you can set up the Rear Takedown. In this lesson you will learn how to transition from front to back of your opponent as well as how to take them down once you get there.

Technical Slices

1. Rear Clinch Acquisition

- **Indicator:** Opponent positions their arm over your head after you establish the clinch
- **Essential Detail:** Hips close and head high during the transition
- **Most Common Mistake:** Weak base and control from the rear clinch
- **Bad Guy Reminder:** Check opponent's base in the rear clinch by moving in every direction
- **Core Principles:** Acceptance (6), River (9)
- **Drill Orders:** Clinch start, 1 rep, reverse roles

2. Rear Takedown

- **Indicator:** Opponent is standing from within your rear clinch control
- **Essential Detail:** Proper sitting angle and effective "bungy-cord" pull on the hips
- **Most Common Mistake:** Too much twist on the fall, failure to keep blocking leg straight
- **Bad Guy Reminder:** Keep your head from hitting the ground
- **Safety Tip:** Be sure to avoid sitting laterally on the bad guy's knee during the rear takedown
- **Core Principles:** Detachment (2), Tension (14), Momentum (21)
- **Drill Orders:** Rear clinch start, 1 rep, reverse roles

3. Bonus: Standing Rear Naked Choke

- **Indicator:** Opponent is aggressing towards another person and you intervene from the rear
- **Essential Detail:** Simultaneous knee kick and shoulder pull
- **Most Common Mistake:** Failure to kick the knee with the correct foot
- **Safety Tip:** Protect their head from hitting the ground during the full descent
- **Core Principles:** Velocity (7), Posture (16)
- **Drill Orders:** Rear entry start, 1 rep, reverse roles

Reflex Development Drill

Practice the

Rear Takedown – Standing (L29)

in combination with all variations of

Take the Back – Mount (L4)

and the

Rear Naked Choke – Back Mount (L5)

Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Rear Takedown – Standing (L29)
3. Headlock Counters – Mount – Armbar Finish (L16)
4. Punch Block Series – Guard – Stages 1-3-4 (L8)
5. Shrimp Escape – Side Mount – Rider (L24)
6. Elevator Sweep – Guard – Standard (L11)
7. Americana Armlock – Mount – Neck-Hug (L2)

Mindset Minute

There are many ways in which you can end up behind someone in the Rear Clinch but regardless of how it happens, once you get there you should have only one objective – execute the Rear Takedown and end the fight as efficiently and humanely as possible.