

Technique: Rear Naked Choke

Position: Mount

Overview

Of all the techniques in Gracie Jiu-Jitsu, the Rear Naked Choke has been responsible for more fight victories than all the rest combined. Based entirely on effective use of leverage, you can use this submission to defeat an opponent of any size. In this lesson, you will first learn the Basic Application of the choke, and then you will learn the Strong Side and Weak Side variations that can be used in a street fight.

Technical Slices

1. Basic Application

- Essential Detail: Hug the “V” using back strength instead of arm strength
- Most Common Mistake: Pushing the head instead of expanding the chest
- Bad Guy Reminder: Tighten your neck muscles to resist more effectively
- Core Principles: Connection (1), Overload (24)
- Drill Orders: Sitting start, 1 rep with each arm, reverse roles

2. Strong Side Variation

- *Indicator:* Opponent falls towards your top arm
- Essential Detail: Deep shoulder shot for optimal elbow-chin alignment
- Core Principles: Isolation (19), Anchor (25)
- Drill Orders: Sitting start, 1 rep with each side, reverse roles

3. Weak Side Variation

- *Indicator:* Opponent falls towards the under-hooked arm
- Essential Detail: Controlled handoff to choke with the bottom arm
- Most Common Mistake: Failure to insert the second arm under the first arm
- Bad Guy Reminder: Keep your core tight to facilitate the technique
- Core Principles: Tension (14), Ratchet (26)
- Drill Orders: Sitting start, 1 rep on each side, reverse roles

4. Bonus: Frame Escape

- *Indicator:* Opponent tries to choke you during the fight
- Essential Detail: Two-on-one control of the top arm
- Most Common Mistake: Failure to fall towards the top arm prior to frame activation
- Core Principles: Prevention (13), Frame (10)
- Drill Orders: Turtle start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of

Take the Back – Mount (L4)

In combination with all variations of the

Rear Naked Choke – Back Mount (L5)

Fight Simulation Drill

1. Trap & Roll Escape – Mount – Standard (L1)
2. Positional Control – Mount – High Swim (L3)
3. Take the Back – Mount (L4)
4. Rear Naked Choke – Back Mount – Weak Side (L5)

Mindset Minute

When you apply the Rear Naked Choke remember to breathe and make sure you hold the pressure long enough to allow the move to work. It will take anywhere from 6-15 seconds to render your opponent unconscious. If you release their neck immediately, they will wake up spontaneously in a few seconds. If you hold the choke for more than 30 seconds after they pass out, the results could be fatal.

Street Tip: Confined Spaces

When it comes to closing the distance and establishing the clinch, fighting in confined spaces gives us a unique advantage since our opponent can't back up to maintain their striking range. But once we take the fight to the ground, confined space may favor the opponent since they can push off the walls to create a powerful bridging opportunity. To avoid this, you'll need to use your body to pivot your opponent's feet away from the wall so they can't push off. After a few failed attempts, they'll be discouraged, and you can transition into a submission or use verbal De-Escalation to wrap things up more peacefully.