

Technique: Front Choke Defenses**Overview**

Assailants often attempt to strangle their victims during an assault. In this lesson, we teach you how to apply leverage to escape the three most commonly used Front Chokes. These techniques epitomize Gracie Jiu-Jitsu.

Technical Slices**1. Standard Variation**

- *Indicator:* Assailant uses both hands to strangle you while standing.
- *Essential Detail:* Step back with your strong side and duck under on the same side.
- *Most Common Mistake:* Allowing the head to hit the assailant's arm on the duck under.
- *Bad Guy Reminder:* Squeeze gently during practice and allow your partner to decide on the squeeze intensity.
- *Safety Tip:* Flex your neck to protect the arteries.
- *Drill Orders:* 2 reps, reverse roles.

2. Wall Pin (Two-Handed) Variation

- *Indicator:* Assailant uses both hands to strangle and pin you against the wall.
- *Essential Detail:* Aligning your fingertips with the assailant's fingertips.
- *Most Common Mistake:* A palm down grip on the selected finger instead of a palm up grip.
- *Bad Guy Reminder:* Apply minimal pressure to allow time for partner to learn the technique.
- *Safety Tip:* Apply pressure to the finger lock very slowly.
- *Drill Orders:* 2 reps, reverse roles.

3. Wall Pin (One-Handed) Variation

- *Indicator:* Assailant uses one hand to strangle and pin you against the wall.
- *Essential Detail:* Elbow must clear over the arm to avoid the arm being trapped by his body.
- *Most Common Mistake:* Relying on the arm instead of the full-body pivot.
- *Bad Guy Reminder:* Start by using minimal force, but occasionally simulate falling towards them for guillotine transition.
- *Safety Tip:* Be careful not elbow your partner in the face during the pivot.
- *Drill Orders:* 1 rep on each side, reverse roles.

Mindset Minute

If you ever find yourself in being strangled from the front, fight the urge to try and remove their hands from your neck. Instead, flex your neck and use the "alavanca" of your whole body to escape towards the thumbs of the assailant.