

Metadata: https://www.youtube.com/watch?v=1q_f6Llfxmw

Okay guys, so guys, I want to address with you, to you, like another choke by using the collar, but this choke now, the loop choke, doesn't require like, I have like a very deep grip on his collar, on his collar. Actually, if I have a deeper grip, I won't be able to apply the loop choke. I need to like, my grip a little bit loose, all right? So, and why we are working the loop choke from the close guard, is because it's way harder to him escape from a loop choke, because one of the main defenses of the loop choke is to spin to the side. So, if I'm in the open guard here, of course there's some counters, here a little bit, but as soon as I, as I wrap his neck, what happen is, he can spin, keep it going, keep it going, and look what happen. He's able to escape, even though I can do some things to avoid that, it's a possibility, all right? But when I have the close guard, my legs avoid him to turn. So, that's why the loop choke in the close guard is so effective. And even though I apply the loop choke in the open guard, I can look for the half guard or the close guard in order to avoid him to turn, and then force him to tap, all right? So, what I'm going to do, can you come over here please? Is this guy, so we're gonna work the same principle of like, avoid him to do any kind of posture, but my grip is gonna be around here, all right? Not like, over his shoulder, it's a bit under over here, all right? So, I'm gonna get like, this grip over here. I wanna get a very loose grip. Some people have a harder time to learn the loop choke because they try one or two times, and it doesn't fit, so then they stop. But actually, you have to keep practicing because then we can understand what's the best point to you grab like, the collar, all right? So, let me grab around here, over here, okay? With this, like this space between my hand and his neck. And one thing that I have to do in the loop choke is to pull his hand down. And also, I have to sit up. But how am I gonna do that with my legs locked over there? It's pretty hard to do that with my legs locked. So, one thing that I can do after I force him to post is to open my guard and immediately come up and slap his head, like this, okay? Another thing that I'm going to do is as I'm slapping his head down, I'm gonna lift my elbow. So, it's like this. Once again, it's like this. That's the drill. So, I wanna choke his head in a way that I can slide my hand through and then stop with my hand outside, all right? So, once again, I'm here in the close guard. I force him to post. Boom. That's what I have to do. So, the thing now is how I'm gonna make this choke be very comfortable to him in a point that he will have to tap. It's the angle of my head. So, if I have his arm to this way, all right? And I throw, what happens is my arm is around his neck, but there's some space over there, especially because my grip is loose. But once I turn to the side, I'm increasing the pressure of my arm against his neck. All right? So, every time that I open my legs and I throw my hand in, I need to turn my hip over here. And now I can lock my legs over there, all right? And then I'm gonna stiffen my wrist and I'm gonna stay tight over here. I'm gonna stretch my arm a little bit. And then we have the loop choke. So, once again, try to find always the best point to grab the gi. Over here would be too shallow. Over there would be too high. So, try to get a point that you feel comfortable in order to make this attack very effective to your game. All right? So, I force him to post. I open. If it's hard for you to come up right away, I suggest you to walk back a little bit. And now I have a good loop choke. And once again, it's very important that we have the consistency of the choke. I cannot squeeze and think that he's gonna tap right away. It's very rare, actually, we see it happening. All right? So, I have to stay tight, bring my wrist in, bring my other hand tight, and then angle my body in the proper way in order to make him tap. So, I'm gonna shoot once again from this angle over here. And now I'm gonna switch to the other side. And you can see, like, the function of my other arm as well. So, I'm over here. So, that's a good way to start to practice our loop choke, especially from the close guard.