

Metadata: <https://www.youtube.com/watch?v=Ij3ihUbeiP4>

All right. So now we're going to do a buggy choke when they're trying to darts choke you. It's a little bit of a defense that I don't feel is utilized enough for the buggy choke, but here it is. All right. So I'm on my bottom, on the bottom, and he starts to darts choke me. First what I want to do is I want to create some space here by trying to bridge here so that I can for sure get my arm that's against his chest to the outside. So he goes to hit me with the darts choke, both of his arms are now occupied. So I know this. So now what I'm going to do is because I know this arm is locked up close to his head, I'm going to bridge up onto my shoulder and get this arm outside so that I can put the back of my hand on his other side of his back, shoulder blade area. So then I'm going to take my top leg here and as I do somewhat of a Gramby roll, I'm going to shoot for the inside of my leg and I get that buggy choke position. So once I get that buggy choke position here, I can push myself to the other side so that I can figure for my leg and it creates a super tight choke and then I just squeeze for the finish. So again, my partner is going to be going for a darts choke and I just push and I Gramby roll onto my shoulder and get my position. Once I'm here, I can now take this leg and swim it across. And what that does is that shoots, that pushes my hip further down the side here, tightening up by his head and arm. So I come here, which tightens it up and then I hit my figure four, bringing this other arm here, I squeeze and he's already tapping. So that's the buggy choke as a counter to somebody trying to darts choke.