

Metadata: <https://www.youtube.com/watch?v=bN7ZmsNsfdU>

So we've passed the guard and we've gotten into a good side control position right here where I'm in good control and I'm ready to go. In order to get a good cross choke we're going to set it up a little sneakily here so that right now both of his hands can reach for his head right so he can reach up with your head and he can come up and he can touch his head with both hands. I need to make sure that to get a good effective choke where I can't be blocked, I want both of his hands on this side and my body here so that he can't defend my hands from getting to his neck it's only his head. So when he's in a good frame what we're going to do is we're going to take this left hand and we're going to swim it over and I'm just going to walk to more south on the other side. We're just going to kind of walk over, walk over, walk over, walk over and then get to this position here. This is what I'm looking for where this hand, relax it there for a second, is stuck on this side of my head but I have my shoulder here blocking this other hand. Now my right hand can go four fingers here nice and comfortably in the gi. So while he's in here and he's framing and I'm kind of sitting at this 45 I'm going to swim my hand back through and I'm going to go four fingers in the gi jacket and now I'm going to rotate so that my head can pop over to this side through the hole as I back step and now I'm in a position where both of his hands are behind me. I'm heavy on his chest and now I can work that thumb into the gi and then I can go right back over and now I can finish that choke nice and comfortably. Where I've cleared his hands, I've disguised my choke because I'm taking a grip here. A lot of guys don't worry or feel threatened by the choke until I've made my back step. By the time I've made my back step his hands are behind me and it's very difficult for them to recover and defend that grip. So we're here, I'm in good position, my hand is going to swim over the top and now I'm just going to walk to the 45 up here at the corner. I swim this hand over to block the hip, we walk around, we walk around and then I swim this hand and right here this is where the pummel has to happen. You have to win this battle. I can't just bring my hand here while he has defense. Sometimes you're going to have to pummel the hand through to swim it so that both of his hands are beneath you. Now I can take this hand from here, I can come around and I can go four fingers here in the jacket. I'm going to step back over his head and now I'm going to do the other key point. My head transitions through the hole so that he can't play defense. Don't just pick this arm up and let it come in front because then it's going to be blocked. Keep it down, pop your head through the hole and then catch it. It doesn't really matter how loose this is because I can always tighten it up. Even if he tucks his chin here and I get to here we can go nice and deep, lock it up and now I'm going to put my head on the other side looking in the other direction. So once I step back over his head and I sink my weight that's when I can get a good solid choke. Okay all we're doing is just turning that head over and then sitting nice and heavy for a solid cross choke. It's a nice simple setup that really disguises it and you get a good choke because the hands are blocked underneath. Worst thing that could happen is he can buck up and maybe throw you off but at the end of the day as long as you're driving in with your legs through his chest you'll be able to pin him down to the floor. you