

Metadata: <https://www.youtube.com/watch?v=msTOXqm2JXs>

The loop choke is one of my favorite chokes ever with the gi. I'm going to show you a standing version first. So when I put my grip in on this, I don't want it to be too tight. Or if I do make it deep, loosen it to right about where the collarbone is. And then what I'm doing is I'm trying to almost look like I'm wrist-locking myself. I don't want to go on his chin. I want to go under his chin. So if I can kind of bait him with a little yank before he puts his head down. Look at that motion. Let's turn a little bit. I'm here. Look where my hand went. Now, unloop your head. This way. He's out. My hip locks that. Unloop your head. Can't. Okay. And I have a good chance at pushing down and pulling the lawnmower right there. And he can choke. Okay. I'm going to go to the ground and show you some things we can do on the ground. But I like to have this from standing. Even if we fell to the guard and I have this locked. I'm going to close the guard and he's going to tap. So I'm here. Okay. Right to my hip. Okay. Slow motion. I just don't want to fly on his neck. But boom, we fall. And I'm in the guard. His head's still over by my head. We can't circle out. And I'm pulling and pushing and he's done. Here's the tap. Just understand that if you grab too deep, you're not going to be able to loop under his chin. So look, look, loose, loose, loose. The looser it is, the more he's not going to think about it. If you go too loose, there's no choke. It's too much looseness. So it's got to be right where the collarbone is. We're here. And look at the slickness that my hand goes in. And I push his head to the opposite side of him. Loop choke from standing.