

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

Welcome back my friends to another BJJ product review. Today we are reviewing Back Attacks Enter the System by Jon Danaher. This DVD series has hit the market a little while ago, and I think it's had some big impacts on Jiu-jitsu. We've seen it a lot in no gi, but this stuff is gi and no gi. It doesn't really matter. This is a two-part series. There's eight DVDs, and it's about eight and a half hours long in total and this system that he shows is just that. It's a system. Jon Danaher is not showing, you know, hundreds of techniques to do from the back. He's showing you step one, step two, step three. If your opponent does this, do this to keep them in the system. If they counter in this way, you could do this and get them back in your system. He is really providing you a framework to finish somebody from the back. Let's take a look at the volumes that are in this set. He's kind of broken down into eight different volumes, but the first one, volume one, it's really an introduction to the straight jacket system and that's a method of controlling the back, pinning an arm, using the leg to do that, and then winning a series of hand fights and eventually ended up with a strangle. He calls them strangles. I'm used to calling it a choke. Technically, he's right. A choke is something that is like, you choke on food. You get strangled by a person like Jon Danaher. But whatever you call it, it's just something that I repeatedly, he's, you know, you watch eight hours of this thing and you hear a strangle, strangle, strangle. Okay, volume two, he talks about critical principles and these are good to learn and know when you're implementing the back attack straight jacket system or really when you're dealing with any sort of back control. It's helped me a lot when defending the back so I could utilize these principles to my own success. I really enjoyed the one he talked about, specific grip fighting and how to win that. I'm a black belt, been training since 2002 and I was grip fighting while I had the back incorrectly my entire career. So I've learned a few little things and it's just like that overnight, you know, over the course of a few minutes of learning and watching him explain this stuff, it changed the way I control someone's back, the way I deal with my opponent. And so just a few, some of those times, just a few words and visuals and it does have a big impact. Volume three, he really brings in the straight jacket system and I got a chance to interview John Danaher just briefly after ADCC, you know, backstage in the warm-up area, after it's all over and we just saw Gordon Ryan use the straight jacket system in many of his matches and I was really impressed by that. Having watched this DVD before that and then to get implemented on live world-class opponents and I got the chance to ask him, tell us a little bit about your DVD and the straight jacket system. So here he is in his own words explaining that. Probably the best thing you could do is just be to watch Gordon Ryan. He's literally the master of that back system. He's just phenomenal at it. It involves a series of hand fights leading to a series of leg traps, which limit your opponent's ability to defend strangleholds from the back. It has a kind of step-by-step nature and occurs on both sides of the board. But I don't want to bore you. So there he is in his own words talking about this system and so volume three, it's the straight jacket system, volume four is kind of a continuation of that system and one thing I've noticed for my own game is when you get this system down and you're going through the steps, you get to a point where your opponent is so helpless and you've defeated all of their defenses. They have one arm to defend and you're controlling that with your free hand and then you basically have a free hand to choke and they have their face to defend that with and John definitely shows ways to get around somebody just blocking with their face, which isn't an effective way to save your neck and something that I experienced is when I get this far along the way and I start to get my hand in for the choke, many of my training partners tap early. Now, I was surprised to see this happen at ADCC. People tapping largely to the position before the choke is actually applied. Just as I got to interview John Danaher backstage after ADCC, I got to grab an interview with Gordon Ryan and that was one of my questions is are people tapping because it looked like it but I couldn't, I'm obviously not on the mat feeling it, it looked like people are tapping a little bit early on some of these chokes before they were gonna go unconscious and here's what he

responded to that. Did some, and I saw you, many fights of you, did some of them you get back, you get the arm pinned down, you get the neck and they they quit before you actually choked them. It seemed like a little early. Yeah, just because it was hopeless. Okay, thanks to Gordon Ryan for that interview. Both of these full interviews are available on my YouTube channel with John Danaher and Gordon Ryan. I'm not really affiliated with them at all. I just am a guy backstage asking questions and I'm really impressed by this back control system, the straight jacket system. So let's move on. Volumes five and six. John Danaher shows auxiliary system. So what to do if you want to do something else and the one out of this I've got the most use of is the rear triangle and I've been comfortable doing rear triangles for quite a while. So it's when you have the back and then you take your hooks and you kind of you're walking up a little bit and you end up trialing the person from the back position and how to finish that. He has some different ideas than I have been doing for all my jiu-jitsu and they've been very good for me. It used to be me trying to finish the choke and trying to curl them up and try to get a hold of the leg or a belt and pull myself and and kind of get a neck crank out of it. John's got some some cleaner ways to finish that he's showing in this DVD series. So I really enjoyed that but that's five and six. So if you do all this you still have some trouble or maybe you have some trouble getting quite to the finish line. What else you could do from the back would be volumes five and six. Volume seven and eight are getting to the back. This is very important. Hopefully we're all able to occasionally get to the back but John has some some good explanations of preferred methods to get to the back because none of this is gonna do any good. You could you could study the whole thing all day long and and put the time in and and try to, you know, do some drills or whatever, but you can't get back there. You're not gonna do much good. So have some ways to get back there. He's got some of the best. He really does a great job of explaining it. That's volume seven and eight. So it's a complete set and you know, they're broken down into volumes, but really each volume is a different disc and you could you could also just do the digital download and and they're about an hour long each so that makes it an eight and a half hour instructional series with John Dan Hur. One thing that should be said if you've never seen his style of teaching, it's world-class. So John Dan Hur, you could tell he takes the time to make a written curriculum and design. How am I going to show my customers how to do this system? And it's very well thought out and I as a student, I really appreciate that because I've learned from lots of different instructionals. Some of them, you know, could be a back system where they just show you a hundred different ways to finish an opponent from the back, which I might pick up a tip or two. But really the way he explains this, it makes it easy to learn and it makes it to where you're you're kind of buying in on what he's saying and believing it. Not just from the results he's had on the mats of his students, but the way he explains how important this is. How important is the back for a position to get submissions? It's like the highest rated place to submit people from. And that being said, you have to get there. So I wouldn't be surprised, you know, if if the highest rate to submit somebody from is also one of the easiest places to get to, you know, if it's not standing on the feet or just in the guard or something like that. But really a lot of matches never hit to the back. But when people get back there it's a very powerful place to finish, which is really amazing because it's hard to get to someone's back. But once you get back there, it's a great place to be. So there is a dichotomy there with the ability to get on the back and the amazingness that it finishes. So if every jujitsu match started with opponent on back, we would have even more finishes from there. But many matches don't get to the back. So those aren't even included in the mix. I mean, they're playing guard work the whole time and that sort of thing. But the few that get there or the percentage of those that get there, a high percentage of those are finishing on the back. So the position is a great one to learn about. You're never going to regret learning a system like this in all of your jujitsu time. It's not it's not gonna be a waste. I've definitely spent time learning things that I don't use anymore. And that's just part of the learning process, part of being a martial artist. You learn things, you could

pick them up, put them down, move on to something else. This is something that you pick up and you carry with you for your jujitsu career. Who is this for? I think that anybody really with any level of experience, I'll just say maybe six months or more. So you need to be comfortable with grappling. If this is, you know, you're just starting jujitsu, you might wait a little bit. But really, White Belt is perfectly fine because yet again, he's showing you how to get to the back. If he didn't have that in there, I think it would be Blue Belt and above would be the most appropriate because you need to be able to get to the back to do these things. But because the volumes seven and eight are how to get to the back are so important, especially for the new students. But he's not showing you stuff that is like, I learned a lot of those as well. So it's not that it's a beginner level material. It's if you don't have that to work from, it's not gonna do you a lot of good. But it's there, so I'm comfortable. White Belt and on up to Black Belt, you know, it did a lot of good for me. I'm sure a lot of other Black Belts get a lot of good information out of this and seeing it on the world stage at ADCC was a great way to see the system in use. The DVD is on BJJ Fanatics. They've teamed up with John Danaher. They have several instructionals with him there and I'll put a link to BJJ Fanatics in the notes there. Not an affiliate link, just if it helps you out to go get it or you just Google it and get through there. But anyway, I got a lot out of this DVD and I feel like it's a valuable tool that I've added to my arsenal of Jiu-Jitsu and check it out. I think it's good for you, and we'll see you guys on the next BJJ product review.