

Metadata: <https://www.youtube.com/watch?v=sIQUO7sJCJU>

there you go guys so guys now let's work on the back over here and first position we're gonna do super simple cross collar choke from back the the regular collar choke from not cross collar the regular collar choke from the back some very good details and that's gonna lead to a next position that i use a lot as well that's very painful for who is being attacked on the back so get your back so guys i think like you guys all know anytime you get the back it's a much better deal to go to this side than to go to the other side and the jiu-jitsu i always say that there's no right or wrong so you can still come to this side and have amazing attacks amazing attacks but if you have to pick one that's harder for our opponent to escape it's definitely this one and that's where we're coming okay so guys i got here i'm gonna keep everything tied i'm gonna open up his gi and give to this hand okay so i open up this gi and i give to this hand little detail here that i love it is like don't grab the lapel like this i always twist the lapel and that helps your hand to go even tighter okay so instead of just grabbing the lapel like this twist a little and place your hand as tight as you can now my second hand goes to his lapel and i'm gonna stay tight here on him many times i can do the first push from here and i can try to tap him from here but i'm expecting that zack's not gonna tap from here he's gonna control my arm he's gonna do something he's gonna push my forearm down i'm gonna be tapping from here so what i'm gonna do is this leg comes up a little bit and this leg i'm gonna use as a momentum why are you doing this because i want to come up with him but i don't have hands to pose and help me out so i'm gonna use this hand this leg as a momentum we'll do this look so the idea is to place instead of my triceps on the ground to place my elbow on the ground okay so i use this leg as a momentum and i come up now i always joke here that the secret is to look his pain on his eyes so i'm gonna position my eyes versus his eyes and i'm gonna keep pulling my elbow backwards until he taps and the submission is just there okay so many times i see people getting here and they push and they cannot tap their opponent they try to stretch their arm they try to stretch their body they're not doing the right thing so what i want to do is i have my both hooks i use this as a momentum so this one comes up a little bit i don't stay slow with this one because he can start going around my leg and escape so i bring this one a little high i use this one as a momentum so i bring this leg up and i bring this leg down and i come up my elbow goes there i try to see his pain in his eyes when i mean that what do i mean that when i try to look on his eyes my shoulder drops i get tighter and then i pull my elbow backwards and the submission is just there and i get the submission okay so not hard super simple grab here grab the lapel as tight as you can control the other lapel over there bring this leg up leg go up and down and you have the submission and next move is going to be very fun because if he still doesn't tap i use this shoulder here as a way to come up and go to the famous spread chicken that is one of the most horrible positions to be in jiu-jitsu and and so let's keep moving to the next one and hope you guys enjoy