

Metadata: <https://www.youtube.com/watch?v=cCCwiTAw8-s>

and we're going to go into the guillotine choke. So now I'm just going to wrap his head. Here's the choke, here's the choke. I get my armpit to his neck. I wrap around, I grab my own wrist. Grab my own wrist. I drop my elbow. I can sit back to guard and then I continue that rotation. Pull my hand up and I choke him. So from the guard, we'll just have his hands right here initially. I'm going to move my hips back. This is important, again, creating that space so I can get that elevation, get that nice vertical angle. Circle my arm deep. I move my hip to the side just a little bit. Grab my wrist, drop that elbow down. You can even get it here if you want or you can pull them back to guard, close it, and then continue to drop that elbow as you pull up. So we're just going to work that submission initially. Then we'll see how it ties in with the whole approach. One last time. One last time. His hands are on the ground. We're not going to worry about that right now. I sit up on my hand. I wrap his neck and then sometimes it can be a little hard to get that hand in so I move my hip so that I can grab my wrist so there's a little more room. Drop that elbow, come back to closed guard, and pull up and get the guillotine choke. Okay, with your partners from closed guard guillotine choke. Onegaishimasu. Onegaishimasu.