

Metadata: <https://www.youtube.com/watch?v=FA7XHe91E-Q>

Let me ask you a question. What is stronger? A triangle choke from the guard or a triangle choke from the mount? I'm not talking about what is easier to get, but what is stronger? Usually the triangle choke from the mount will be stronger. The same is here. You can finish the triangle like I finished the reverse triangle, like I finished right now. Then you are on your back, your opponent is on his knees, and you finish. Okay. But you could also use that motion I've showed you, and you can sweep your opponent. So I will sweep her, put her on her side, and now I am basically on top, and I can squeeze. So this will give me much more power because I'm on top and she's on bottom. So let me show you what I mean. So from here, I have control over her tricep, I move away, I pull, I grab, I turn, I go here. Instead of sweeping her and choking her, what I do is I control her arm. I can squeeze or just push her over. From here, I don't need the arm anymore, I can grab and just choke her. You have tremendous power to choke her. And she will not get up. So you can choke her from your leg, from side control basically. One more time. So from here, I control, I switch over, I move, and I come here, I turn, I choke. Maybe it doesn't show, you know? Why ever? Maybe she's too strong. Maybe she has a good posture or something. Put your head up. You know, and I couldn't finish from here. So grab me and just pull it and then just go for another grab. Another choke, sorry. One more time. Let's try. So here, see this is the position. I grab, I move. And here, I'm going into this. I could choke, I grab because I can't finish or I won't finish. From here, pulling her over. And I'm here, perfect position, I control, and I can squeeze. One more time. This is really a good thing. Here, let's try. You see, I don't want to stay out of her. So I'm turning, I'm lifting, I'm pulling. This is powerful choke, doesn't want to choke. Grab something or just go here, you know? Or maybe if it's tight enough, you can also go here. But personally, I prefer to grab something. And I'll pull over. And you stay here. And you just squeeze. Powerful triangle, reverse triangle from the top position. Basically, from side control. So if you don't like to finish from the bottom, or you want to make sure you can finish this, or if you can't finish, you'll be on top. And you can move from there. And if you do something from there, that's your go-to move. So one more time, last time. So here, I'm here, whatever. I'm pushing, I'm pulling her, I'm grabbing. I'm here. I push her down. And I easily come on top, you know? So if you just want to use it as a sweep to get on top, perfectly too. You can choke, you can sweep and choke, or you can just sweep and get on top. All right.