

Metadata: <https://www.youtube.com/watch?v=Stmz5DI6Emw>

Throughout my time in Jiu Jitsu, I've always noticed a very simple rule, the students who progress the fastest, are always those who learn to wrestle with their legs the earliest. When you look at the human body, there are fundamental asymmetries built into it and one of the most important is the asymmetry in human strength between our lower bodies and our upper body. The beauty of the triangle is it pits the strongest part of my body, my lower body, against the weaker part of my opponent's body, his upper body. They tend to have very, very good effects in high level competition where people are reluctant to submit, people are willing to take damage, that's when strangleholds really come to the fore as it were. Among all the various grappling arts, Jiu Jitsu is the one which pushes the idea of finishing opponents with your legs more than any other. The triangle and its various forms plays an exceptionally important role in my approach to the sport of Jiu Jitsu and submission grappling. As a general rule, there's two ways to attack the human body. You can break the body itself or you can attack your opponent's consciousness. So strangleholds give a gradient of intensity which is lacking in joint locks. The beauty of training triangles is that the only way you can apply them successfully is to employ or learn sufficient degrees of dexterity and coordination with your legs.