

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

Let's look at the most useful stranglehold in all of jiu-jitsu, the rear naked. From here, first things first, we need to connect to our opponent's lower body with our legs. We've got two hooks inside the hips. We need to connect to the upper body with our arms. One goes under, one goes over. This will be my strangle arm, the one that goes over. We connect to our training partner's hand, we pull everything in. Strangle hand penetrates underneath our training partner's jaw. Hand all the way behind our training partner's neck. We pitch over to a given side. From here, we firm up the connection to the lower body. We cross our hands and then ultimately our arms. I want my hand going to my bicep on one side and to my deltoid, the palm of my hand to my own deltoid on the other side, the back of my hand on the back of his head. I put my chin over my own wrist and from here I rotate my elbow over my training partner's shoulder for the finish.