

Metadata: <https://www.youtube.com/watch?v=z-75TmWrvSY>

Okay guys now let's do the half nelson choke from the back. Okay, the reason we call it half nelson is because This this position here. We call it full nelson Okay, so the choke i'm gonna do i'm gonna do the half. All right, so check it out. I'm gonna take his back And i'm gonna Same setup as the seat belt choke I open I feed the collar Make a line as deep as I can Now I want to stick this arm as deep as I can so I can reach behind his neck So i'm here I go behind and I arch my back Let's check the other angle here Seat belt open make a line deeper deeper Yeah, and choking him out let's do from this way