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Okay guys, I'm here today with Craig Jones and John Danaher. Huge honor to be here with both of them. And guys, we're going to work here three submissions that every black belt should know. So, can you explain better what you're going to do, John? To be honest with you, Bernard, my approach is, at black belt level, there's a huge range of choices in submission. But really, the most important visitor item, especially at black belt level, you've got to better attack the whole body. You've got to better go into your opponent's legs, you've got to better attack your opponent's arms, you've got to better attack your opponent's neck. It's more about completeness in attacks. Now, you get a lot of choice at black belt level, especially in how you're going to attack. But you've got to have effective attacks on the whole range of your opponent's body. That's the number one visitor item. Fortunately, we've got a room here where we've got exactly that. We've got leg locking experts, we've got arm locking experts, and we've got strangle experts. So, let's go through it. There you go. So, let's start with Craig. So, what are you going to show, Craig? All right, guys. So, we're going to attack a straight ankle lock. So, I'm going to grab Bernard's left leg here. And we'll just run through the finish from bottom here, right? So, I remember when I first started doing the straight ankle lock, I used to think that I had to be flat, flat on my back. Really arching the ankle and trying to explode my hips through the top. But I found very little success, and especially against bigger, stronger opponents, I found it very difficult to get the time. And I think that's because I was focusing on trying to extend the ankle this way. But actually, if we can create a nice curve to the toes, we can apply a pressure that feels more similar to a toe hold. So, the way I achieve that is I come in deep on Bernard, and the grip I take is going to be my thumb just below the Achilles here. So, I'm not going to reach too deep initially, but I'm just going to place my thumb below the Achilles and place my hand on my rib cage below my left back. I'm going to sit in nice and tight against Bernard here. And what I'm going to do is I'm going to look to walk my elbow backwards behind me, circling back towards Bernard's other leg. And as I do that, I bring my elbow closer and closer against my body. And hopefully I can start to turn Bernard's foot as if it was a toe hold. So, we start to walk his toes back in all the way until we get to the shoulder here. Once we're on the shoulder, I can start to look over my left shoulder and apply a little bit of hip extension. And I find I get a much quicker tap than had I tried to finish it straight on my back, trying to really curve his foot. So, again, I take a shallow grip here, so my thumb just below the Achilles. I'm not reaching elbow deep. I'm trying to sit in nice and close to Bernard and get a nice bend in his leg here. And I initially start on the tip of my elbow, and I turn out, and I start to walk my elbow backwards until I can get my shoulder on the mat. And I pull my elbow really tight and start to extend over my left shoulder. And we can get a nice tap on that ankle there. Craig, what's amazing here, you don't even need to connect your hands, right? Yeah, just one hand. So, look at that, guys. He's pretty much tapping using only one hand. He doesn't even need two hands. Look, he used the other hand to adjust. And that hurts a lot. That's very, very good. Thanks. That's amazing. So, legs, arms, and I go to the neck. So, you're on the next job? You've got a beautiful nose. Let me show you that. So, there you go. So, guys, I'm going to work here the north-south choke from side control. Let me go to my good side. If not, I don't know how to do it. I'm joking. So, let's work here. So, guys, I actually got this from Marcel. So, I lived four years in New York City training with Marcel, and I trained a lot with him. And one of his best moves was the north-south choke. So, I trained so much with him that I ended up learning how he does this one here that I think can help you a lot. So, guys, what I'm going to do here is I'm in the side control, and I'm going to work the knee on belly, right? So, I'm going to place the knee on belly. Guys, most of the times we put the knee on belly on someone, his natural reaction is to lift the head, right? So, he's not going to stay with his head like this. Most of the times we put the knee on belly, that's what he does. So, as soon as he does that, I'm going to land in the north-south choke. So, I'm going to switch my base. I'm going to do first the slow motion and then, like, the fast motion. So, I'm going to

switch my base and land right in the north-south choke. If I do it slow, it looks like it doesn't make too much sense, but I'm going to do it fast as well, and you guys will be able to see better. So, I'm going to land in north-south choke here. Once I did that, I'm going to stretch my both legs down, and I'm going to try to go as low as I can. So, just move forward a little bit, Greg. So, I'm going to try to go as low as I can. Low, low, low, low, low, low, low, low. Now, I'm going to use my left hand to clean his arm. When I clean his arm, I'm going to place my hand close to his shoulder. And now, I'm going to connect my both hands over here. So, if you get on this side over here, just come to this side here, please. I'm going to connect my both hands always with the choke hand palm down. So, I'm going to connect here, and now I'm just going to push. This works so well that sometimes I don't even need my second hand. So, in the same way that Greg attacked my foot with only one hand, I can do the same thing here with the north-south choke. So, I can just use one hand, place my head over here, push, and the submission is just there. So, one more time. So, I'm fighting against Greg. I'm going to place the knee on the head if he lifts his head. So, as soon as he lifts his head, I'm already thinking about the north-south choke. Now, I'm going to do it quick. So, look guys, I just bring my right knee towards his triceps, and I land on him with the north-south choke. So, one more time, because I believe the approach here is going to be the most important part. So, look, I bend my right leg towards his triceps, and I land on him with my armpit over his neck. So, I'm going to do this. And there I am. Once I got here, I'm going to start worrying about his arm. So, I'm going to push his arm towards his ribs. I'm going to stretch myself now, and I'm going to go as low as I can. So, you guys can see that I can tap him with only one hand. Look, I'm just going to place my head close to his shoulder and push. And it's really important to always have this hand down. Because imagine that his neck is over here, so when my biceps is like this, he's not going to have space on his neck. So, if I have my hand like this, I create a little gap here that he can breathe. So, I always want to have the choke hand palm down. And now I'm going to push. And if I need, I can connect my both hands, always choke hand palm down, and tap him. So, I think it's a very good one, and especially for nogi, that can work a lot. João, it's your turn. Let's look at one of my favorite moves to use in sparring. I always urge my students to use this one. And this may surprise you, because you've probably never seen my students finish someone with it. This brings in the idea that there's more than one way to use submission holds. People think of submission holds just as a way to finish a match. But there's a second use of submission holds as a tactical means of intimidation to get opponents moving around the mat in directions you want them to move and go into other submissions. Uri Gatame, the straight arm lock with pressure down on an extended arm, is a classic example of a submission hold that can work well as a straight up submission to finish a match. And our primary use of it is to intimidate people to generate motion into other forms of submission. So, let's just have a look at the basic Uri Gatame, because you've got to have a strong threat on your opponent to make him want to move, to get away from it. And then look at some ways we can use that to set up other forms of holds. One common threat in all Uri Gatames, especially when it's done from bottom position, is it does require us to go under an opponent's arm. There are a few variations that begin with overhooks, but at some point you've got to get through underneath your opponent's arm. That doesn't really change. Now, an obvious question here is, if your opponent has any kind of skill, he's not going to just give you open elbows and start giving you things for free. So, we're going to look at the idea of working with an opponent who has good elbow position. He's not some sucker whose arms are extended out here and we just go straight into the move. This guy's a good man and his elbows are in close. So, how are we going to get our hand underneath his? We're going to start by putting a hand in here as a collar tie, and we're going to turn our second hand pinky knuckle up, just like this. Off that pinky knuckle up position, we're going to do a good pull on our training partner's head, and as a result, we go right through. If my opponent closes his elbows and I just try to dig in, you're never going to get on a good player. If I move the head simultaneously and come in,

it comes in very nicely and very easily. Now, I don't want to let go of the head too quickly. Craig Jones will quickly posture up in this situation, and from here, his elbow will always come inside my elbow and we'll lose the position. So, let's make sure that once we get the head, we stay on the head long enough to bring it down to the floor and we're on our side. The key element is that I have one knee in front of Craig's right shoulder and one knee behind his left shoulder. This creates a situation where his head and one arm are trapped between my knees. If he tries to drive forward, my left knee makes it very difficult. If he tries to pull away, my right knee makes it very difficult. Now, we're going to take his elbow all the way up north, trapped between my shoulder and my jaw. Now, this is where things get interesting. This whole battle now is a battle for head height. If Craig Jones' head rises, he can turn his elbow back inside and escape. So, our whole thing is how to keep the head down, and the key is this knee. We lock it in. We avoid the temptation to start throwing legs across the body. We keep the lower leg short and the knee right behind his shoulder. I take my elbow to his elbow and I point my elbow forwards. If my elbow points at the ceiling, his head can rise very easily and he escapes. That's probably the number one cause of escape to this particular lock, the Uri Gatame. So, we take our elbow and we point it forwards towards our training partner's ear. Now, when Craig tries to bring the head up, his own elbow will prevent him. I reinforce my elbow position by holding the elbow. Try to avoid a commonly seen thing where you lock palm to palm. Now, Craig's head rises easily, the elbow goes inside, it's pretty easy to escape. So, let's make sure we stay elbow to elbow and lock on board. Now, breaking mechanics. If you just try to crush down on the elbow, and you've got a strong, flexible opponent, it's hard to get a break here. The true breaking mechanics to an Uri Gatame involve my head going towards his head and my hips going away from his hips. It's not just the pushing down of my arms. That's not going to work at world championship level with people willing to take pretty serious damage. Instead, we're going to take my head moving in towards his head and my hips moving away. And it's from there that we get genuine breaking pressure. Why? Because we're incorporating the whole body into the break. We're not just squeezing with our arms, it's the whole body moving in for a strong break. So, one more time. From here, we need inside underneath position with our arms. How are we going to get that on a good man? We're going to take collar tie, punch through and get our underhook. We're going to bring the head down to the mat, and we're going to shimmy out so we get our knees pinched around his head and one arm. We're going to transfer everything up to the collar bones, and we're going to focus on pointing the elbows forwards, never upwards. And as a result, we get control of his head, the single most important element here. If the head rises, we're lost. But if we can keep the head down, you can beat a lot of people with this position. Now, from here, to go to finish things, I often bring my knee inside the shoulder so there's a transfer from one shoulder across to the other, and then everything moves towards him with the head and away from him with the hips. And that's where we get strong breaking pressure. This is Uri Gatame. Of all the submission holds in the sport of Jiu-Jitsu, I would say Uri Gatame is the fastest in application. It often involves a quick underhook entry and then pressure on your opponent's arm. Even if you don't score the hold, you sure as hell scare the crap out of your opponents. And pretty soon they start playing with short arms. Retracted arms makes it a lot easier for me to come up from bottom position and start scoring all kinds of positional reversals, etc. It's a great way not only to finish your opponent, but also intimidate them from bottom position and generate much easier movement for you as the bottom player. So guys, three techniques here. One about attacking the leg, the other one attacking the neck, and the other one attacking the arm. So that's why we call it the three submissions that every black belt should know on every subject. So thanks so much, John. My pleasure. Thanks so much, Craig. And guys, make sure to check out BJJFanatics.com. All our instructions are there. So if you want to learn more from Craig, or from John, or from me, it's all there. So hope you guys enjoy it. BJJFanatics.com. Use the promo code YOUTUBEFARIA to get 10% off any instructional video. Improve your Jiu-Jitsu

