

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

Let's take a look at how we can hit an Ezekiel from the back. So all this is, is making sure you can create an angle against your partner, okay? So, I have my basic standard seatbelt here. Let's just hang out with the serves. We're just gonna hang out here. Now, the big thing is, is my right hand, the hand I need to set this choke, is too low on his chest. I really wanna get it all the way up, so I can grab him by the shoulder here, or by the back of the neck, somewhere where he's gonna have trouble grabbing my fingers. So, while we're in this position, it can be a difficult thing to get my hand all the way up there. But one thing I can do, is I can remove one hook, so that I can put the other hook across, and I can start pulling him in, so that now, my hand can come all the way through. Now, I can go four fingers in the E, I can bring that hand across, I can curl that hand in, and now, when I fall back, I can look at him, I can throw my foot up, and I can finish a good, strong Ezekiel choke from the back. Okay, this is essentially no different than as if you would push off the hip, and you would basically set up your arm bar here from the back. But instead of falling back through the arm, right, because he can be clamping down, he can hold everything in nice and tight. Okay, we're gonna clear that hand, come up, and look, I can already start to get my fingers almost to the top of his neck. So once I push off, I can readjust, and I can start holding him in nice and tight. One of the things that I like to do, once I go for this, is my left hand here, goes to the bottom part of his hip to keep him in close. So while he's playing defense to all these grips, and I'm in this position, once I put my foot to his hip and I cheat that corner, and I come up, this can be a dangerous part. So I'm just gonna grab onto his hip and his belt here to hold him in nice and tight, because his job is to put his back to the floor and escape. So I wanna make sure that that hip down here doesn't escape. I wanna keep him in nice and close, and clamp this knee so that he can't go anywhere. And then I can use this, even though my hand isn't all the way up, it's high enough on his collar, so that when I pull him up, that I can get to here, my hand can shoot all the way through. Okay? Machine's able. So on this side here, while I'm shallow on his chest, and my foot is all the way across, when I establish this grip on his chest, notice that my shoulder is on the wrong side. Ideally, I get my shoulder underneath his armpit to reach all the way through. But right now I'm here, so I have to get my shoulder underneath his armpit. To do that, I elevate him. There. And now I drop him, and now my hand is all the way through. Okay, so I'm just rocking the ship a little bit. I'm basically, from this angle here, where my hand is shallow, I'm gonna take a grip on his hip, a grip on his chest, I'm gonna hold everything, give me some resistance, there you go. I'm gonna hold everything in nice and tight, and I'm gonna use my thigh here on the back to lift my forearm. And when I do that, I go back at an angle, and then forward. Now my hand can shoot all the way through, I can lock it up, and I can get it behind his head where I can finish the choke. From the other side here, listen, there you go. From the other side here, where my left hand is underneath, and I push off that hip, I start climbing it, I grab that belt, I'm gonna take a grip here on the collar to make sure he can't rip it too much. I'm gonna pull him in, and then drop him. And now, here's my hand, I come up, four fingers, and then I knife it through, and from here, we can start locking up the back, from here, throw his hook over the top to make sure he can't use it, and then we can finish the choke. There's a lot of different things we can do with the feet, there's a lot of different body positions we can have. The big thing you wanna practice is cutting the angle and getting the right hand deep around the neck.