

Metadata: https://www.youtube.com/watch?v=DPgPvAYw5_A

Now, let's do a clock choke. So, a wonderful choke, you should have it in your game. It's like a bow and arrow from the turtle. So, first, Ronald's going to show it. So there's many, many versions of it. So, and we're going to show the head-on-the-mat version right now. So he gets the choke, gets the arm in. You can actually grab here, grab the arm inside, and he goes. And very, very good choke. So, and the choke is gone when I have a good position. So, just to... The chokes later happen, they happen during transitions. It's very hard to attack that position with a choke, just get the arm and then choke. You have to attack the chokes during transitions, and that's a great skill. That you have to train from white belt and to the black belt, and this has to work. So if the position is bad, you would just get the choke and go. But you never actually understand the window of the choke. Like, you know, throwing the jab is the same thing. It's not like I throw a jab, you have to throw a jab at a moving opponent. And so, if this position is good, you will start to attack the choke during transitions. When they go to the turtle, or when they get out of the turtle. And that makes your timing window better. So good defense actually, it shows how the attacks should work. So, we do the clock choke again. So first of all, use the boxing shoulder. And he sees like there is no chin. So I don't have to do anything with the arms. And even if he gets the clock, it's not like this. And then it's kind of like a neck crack. I really put my ear to my shoulder, and like I throw a punch. And I hide my chin. It's like, for me, boxing and Jiu-Jitsu, there's a lot of similarities. And I use a lot of boxing examples like you have seen during those DVDs. That I explain Jiu-Jitsu through that. It just makes more sense to do it as a sport. And just ideas that people get more through stand-up than just if I explain it through Jiu-Jitsu. And what they actually need for clock choke is that arm. They need that inside space. So if now you see he's going to look for that inside space, it's kind of gone. So if he even gets the choke, at least he can't go and put the arm inside here. Or inside the legs. And it's kind of hard to choke. And one more thing is like I'm tilted towards him. So even if I'm like, I want to do a really, really late choke escape. Why not? Then it's easy to turn. Because he wants actually my face like ideally other way around. So if he gets a choke. And if he goes for a choke up. Then this choke works even better if I just look away. But if I look towards him. So it also makes my rolling compensated a little bit. You know even avoiding everything. It's easier. So definitely boxing shoulder. Then you can grab their wrist definitely if you're looking for you know stuff. You can grab their gi, you can grab their fingers like we did. But just avoiding everything and usually people let go. And in that moment it's also very, very let's say easier to pull guard. So if he gets the choke. And now I just go. And I go. So those moments are kind of good. You can develop some sweeps from there. You can grab their sleeves. But the clock choke is not the problem anymore. Because the angle is all wrong. And this is I'm not saying shock to many people. But most people are afraid of clock choke. But this kind of the posture cancels it right away. So you don't have to worry about it. And I'm not saying clock choke doesn't work. It's a bad technique. It's just the setup is wrong. So I'm really like a big on those setups. If the structure is correct. Then techniques still work you know back takes and harnesses. But the setup has to be better. If the you know turtle is broken. Then you don't see a lot of setups in Jiu Jitsu. In wrestling what you see is also. There's no single leg without I'd say the pull. Everybody if it's a double leg. Everybody usually snaps first. They stretch and double leg. Boxing we do always setups before you do a main punch. So Jiu Jitsu is rarely taught like that. It's usually like okay he's internal. I got a clock choke. So I think the setup part is really weird in Jiu Jitsu. And I'm trying to fix that. I haven't learned Jiu Jitsu like this myself. But I think we need to do something about it. That because the setups are not correct. When the defense is good. But yeah clock choke. Don't worry about it. Keep it and you'll be fine. And we move on return now.