

Metadata: <https://www.youtube.com/watch?v=LDE0fkzZT6I>

Okay, guys, I'm here today with John Denner again, huge honor for me, and guys, we just shot an entire instruction with John about triangles, so this is the fifth part of Enter the System, and it's all about triangles. Triangles from everywhere, from bottom, from top positions, from standing, from every type of situation you can imagine. And I was really, really impressed, again, with how much John knows about triangles. So he was showing some details here that I had never seen before, and details that make the strangulation of the triangle really, really tight. And one of the questions that we received the most before we shot this instruction was like how to lock the triangle if you have shorter legs. So John is gonna break it down here for us today, what are you gonna do if you have shorter legs, and I think that's gonna help you a lot, because it's gonna help you if you have shorter legs, or if you have long legs, right? Because if you have long legs, now your triangle is gonna get even more perfect. If you have shorter legs, you're gonna understand how to be able to lock it. So in this case here, like, John is shorter than me, we're even gonna show here like how long is my leg compared with his legs, and how big is my upper body compared with his upper body, and I used to compete in the super heavy division, which is like 220 pounds, so John is gonna do the triangle on me, and he's gonna explain like every single detail about how to lock the triangle and how to make the triangle like really, really tight. So there you go, I'm very excited to learn again. Let's, this is an issue which, as a coach, I have to deal with almost every day. Every day people come up to me and say, listen, I love the triangle, but I just can't do it. My legs are too thick, too short, my opponents are too broad-shouldered. Let's get something straight. There are limits as to what you can do with leg length, okay? If you are five feet nothing, and your opponent is six foot four, and his shoulder's like Gordon Ryan, it's gonna be tough to lock a triangle, okay? But don't kid yourself. Within the usual parameters of a weight division, or even a weight division above, it is highly likely that you will be able to lock triangles if your body position is correct. Yes, leg length does play a role, but far more important than the length of your legs is the degree of body positioning that you employ to set up and finish the triangle. That's the number one determinant of whether or not your legs are gonna be long enough to get the job done. First, let's understand something about the triangle. Like any stranglehold, it's a grip around, to some degree, your opponent's neck, and in the case of a triangle, an arm as well, okay? When I go to lock a triangle, I'll just start somewhere with this, there's a certain action, the action of locking a triangle, and you'll see there's a space through which the triangle employs the strangulation. That space can be bigger or smaller depending upon how tight the triangle is, and how close my knees are to my chest, okay? So there are two ways in which the diameter of your triangle can diminish or expand. One has to do with your legs going down, and one has to do with your knees coming in, okay? The amount of space in a tight triangle is actually quite limited. It's usually, the circumference is not much more than your forearm. So you can see, when I start to lock up a triangle, my forearm, as I go to strangle with my legs, is roughly the diameter. That means if your opponent's very broad-shouldered, it's going to be hard to lock up on him unless you do things exactly right. Bernardo has a broad set of shoulders, as I said, he was a super heavyweight champion, and I have a set of short legs. One of my legs has actually crippled, and I can't even straighten that leg, so it's even shorter than would normally be the case. But I can use body positioning to get around these problems. Let's start with Bernardo facing the camera, and I'll head my head to the camera, and we'll start to see how we can get this to work. Okay, from any standard situation, we go into a front triangle. Now, bear in mind, one of the big themes of this video is that there are five versions of the triangle, and the one which is the most popular, the most well-known, is this, the front triangle, but we'll spend time on all five of the triangles. The number one problem is, Bernardo comes in closer to me on the knees, is that Bernardo's shoulder starts coming inside the lock of my legs. That's the number one problem that we face, okay? Ultimately, what I want to do is I want to have Bernardo's neck and one arm inside

my triangle, but what I don't want is the bulk of his shoulder. That adds considerably to the circumference that I have to cover with my triangle. The more Bernardo's shoulder comes forward, the harder it becomes for me to lock an effective triangle behind him in situations where I can barely cross my feet, okay? That's not what we're looking for. So what we want to do in these situations is we want to eliminate the shoulder. How are we going to do that? Well, the number one method is for me to begin with angle, okay? The more Bernardo's head rises, the more stress my triangle gets put underneath, okay? So that's not good. The more Bernardo's head drives forward, the more the shoulder comes in, and again, my feet get forced apart. So we don't want to be square in front of our opponent because as he drives forward on us, you see the impact on my feet, and we don't want our opponent's head rising vertically, you see the effect on my feet from that, okay? So we've got to find a way to get around both upward postural pressure and forward stacking pressure. That means I've got to do two things. I've got to control his head, and I've got to get myself offline to an angle. So the first thing I'm going to do is I'm going to come up and I'm going to cup my training partner with one hand behind the head. Let's try to avoid this kind of thing for now. Again, we'll come back to that in the video, but for now, let's grip one-handed, okay? So when Bernardo goes to posture up, there's some resistance there, okay? Secondly, we're going to need some kind of angle. So I'm going to put my calf muscle over his shoulder, just like so. And that's going to give me an ability to turn off his shoulder and then take my second hand and put it elbow deep inside my training partner's leg. So now we're starting to get angle on our training partner. Now, do you remember we said we had to eliminate the shoulder? That's exactly what we're going to do. We're going to take our two feet and point them in the same direction that Bernardo was pointing. If my feet point down Bernardo's body and he puts any kind of forward pressure on me, my feet come apart. Okay? So what I'm going to do is I'm going to swing my body around to face the same direction as him. When he goes to posture up, my left hand makes it difficult. Then from here, I'm going to take my left leg and I'm going to cover Bernardo's shoulder. So there's a sense in which from the camera's perspective, the shoulder disappears. I've eliminated the shoulder from the lock of my Senkaku, my triangle. Now, when I go to lock my legs, my support leg comes to my strangle leg. Don't try to bring your strangle leg to the support leg. Bring your lower back off the ground and from here, I lock a figure of four. When I lock, it's an unusually tight strangle hold. This is the very nature of the lock because I made the shoulder disappear and I turn inwards. Even when Bernardo goes to posture up on me, even if you go to stand up on me, it means very little. From here, I point my knee in towards the crotch. My thigh makes his shoulder disappear and now the lock of my triangle is directly above Bernardo's head. When he goes to pull me up off the floor, etc., etc., the strangle hold is enormously tight and we get a very, very tight strangle indeed. Let's change our focus. Sorry, let's change our angle so you can see something interesting happen to Bernardo's shoulder with regards to my triangle. I'll go on this side now. I want you to pay attention to the back of Bernardo's shoulder. When the triangle is done properly, you should be able to see his shoulder from the back. You should be able to see his rear deltoids. Bernardo comes just right here and I lock a triangle here. Now, from here, I don't want his shoulder inside the lock of my triangle. We want to eliminate it as much as possible. You will see something interesting happen. Currently, you can clearly see that with my feet crossed in this position, Bernardo's shoulder is inside my knees. It's inside of my overall triangle. But when I start finding myself going to an angle on Bernardo, you will see that as my knee comes forward, it goes past his shoulder. As he goes to posture up, rising with the hips. From here, I turn and now the camera clearly reveals that his shoulder is outside of the lock of my triangle. The only thing inside my triangle is Bernardo's head and one arm. And as a result, when I lock the figure of four, you can clearly see his shoulder is outside my triangle. If my legs were in here, I have a very hard time locking my triangle. His shoulder is still inside my lock. I need to take his shoulder outside my lock. This forms a perfect wedge so that when I go in and lock the figure of four, it forms an

enormously tight strangulation. And even though I'm quite a bit smaller than Bernardo, I have no problems locking up a tight figure of four. In fact, it's an unusually tight figure of four. It's a much tighter strangle than most because of that simple change in angulation. We're always trying to eliminate the shoulder from the lock of our triangle. You want to create situations where only your opponent's neck and one arm are inside the triangle. The moment you incorporate the width of the shoulders as well, that's when short-legged people run into problems. Done properly, even a short-legged athlete like myself can lock a tight triangle on a broad-shouldered heavyweight in the fashion we just saw. So guys, it's unbelievable when John was doing, how much angle he changed, right? Because most of the time when you see people doing triangles, they kind of stay flat and like 180 degrees against the opponent, right? So when John was doing here, he was going like 90 degrees or even more than that. He was changing the angle so much that I was feeling like his leg going against the top of my neck here. So then the choke was really, really tight. So just one more time, John. What I want to avoid is situations where we're completely square on to our opponent, okay? That does several bad things at once. It's been out of pressures and it brings his knees closer and closer to me. You see I get put under severe pressure as he drives his head to my head, drives his head in towards my head. It completely brings my triangle apart, okay? So what we're always looking to do is to find angle. I'm going to need to control posture and find angle. Posture is controlled through the single collar here. And when his hips start to rise and he starts driving into me, you'll see that I hook inside my training partner's leg. Now when I turn, it's like a tourniquet is being placed around my training partner's neck. I take my strangle leg, my right leg, and I point the knee inwards towards the crotch. This immediately creates a much, much tighter strangulation. I put a strong wedge behind my training partner's neck with this knee. The further my knee, the less wedging effect there is, the more dangerous it is of him pulling away. So I want to make his shoulder disappear from view, as it were. Now in a situation like this, the second we make contact, we form a very, very tight strangle hold indeed. So guys, look how his leg is right on my neck over here. Look, and then I'm closing for my arm. I mean, like I can barely breathe here and he's not even pushing it. So even before we lock the triangle, if Bernardo goes to talk, you'll see that the strangulation is beginning even before the lock of the triangle. Yeah, so guys, it's amazing like how well positioned he gets to put his legs to make this triangle like super, super, super locked. So I think like even if you have shorter legs, this is going to work really well for you because you're going to change the angle so much that you're going to be able to lock the triangle, even if our opponent's bigger than you. And guys, John is the best set instructor at BJJ Fanatics, and this is the fifth part of his Enter the System, and the first four was amazing, and we're going to launch this one very soon as well. So I hope now nobody has problems with triangles anymore. Thanks so much, John. Thank you. Awesome. BJJ Fanatics.com. Use the promo code YOUTUBEFARIA to get 10% off any instructional video. Improve your jujitsu faster.