

Metadata: <https://www.youtube.com/watch?v=6mbuTk0RIUA>

Okay, guys, I'm here today with Gordon Ryan, huge honor for me. And guys, Gordon is shooting an entire instructional all about arm locks, and today he's going to show us here some examples, and I'm super excited to learn from you again, Gordon. Yeah, so we're going to work through different various arm bars, and a lot of the other instructionals that I have, like closed guard, for example, or mount attacking from top pins, you see the setups into the arm bars. So this instructional is going to be built around separating our partner's grips, going through the various grips, because your partner has many different grips they can use. They can use 10-finger grip either way, and how you address these grips will be different. They can go palm to palm either way, they can go wrist to wrist either way, they can go into a full figure of four, they can go into a hamstring grab once you separate the hands. So there's a bunch of different grips your partner can use from here. So we have to go into separating the grips on our partner through various leg positions that we can have. We can have a quarter juji, we can have a full juji, we can have various different leg positions on how we can attack our partner. And then we have to go through top juji and bottom juji. Top juji, obviously, is one where we set up an arm bar from situations where we're on top of our partner, and now the central problem associated with top jujis is how can I keep my partner down? So how can I keep him facing belly up in a relatively unathletic position? So we go through a top juji, and we also go through situations where we go into bottom juji, where he stacks me, for example, and he starts getting up on top, and now I'm in a bottom juji, and I have to look to control Bernardo from this position. And the central problem from here isn't how do I keep my partner down, it's how do I keep myself up? And the most important thing that we can think of from here, in general when we're thinking about these arm bars, on how to keep my hips up, is just focus on keeping your knee above your partner's ear. If my knee is below Bernardo's ear in this position, and I can pinch my knees and back heel all I want, when Bernardo goes to posture up and pulls elbow out, it comes out pretty easy every time, even if I have control over the arm. But when I get my knee above the height of Bernardo's ear, and now I pinch my knees and back heel, he can stand all the way up. Even if he can't stand up, even with no control over the hand, when he has to pull his elbow free, there's just no way he can pull the elbow out. So my whole thing from here is how can I keep my hips up? The second my hips start to drop, now he can just easily pull the elbow free. So we look at the central problems associated with top Jiu-Jitsu, and with bottom Jiu-Jitsu, and how to deal with separating the hands, finishing our partner, and then returning our partner to the mat, if he ends up in a situation where he's stacking me. And then from there, we look at advanced sequences, where we can follow our partner through, as he's giving us strong defensive reactions, and changing our leg position into different Jiu-Jitsu Gatame positions, as he goes into defensive rolls, stacking positions, and changing our grips, changing our legs, and following our partner through, into super advanced sequences towards the end. Gordon, one thing I love that you do, and I see you doing, for example, I think it was Roberto Gimenez, right? That you closed the triangle and then you went to the armbar? Is that right? Yeah. Well, so I went to S-mount, and I controlled both the arms, and then I switched to the mounted armbar. Yeah, or maybe it was, I guess, who was that? There was someone that you went to the triangle, and then you went to the armbar. Kyle Bam. Kyle Bam. Yeah. I went to, I attempted a triangle, he postured out, and then I... And then? No, I went for the armbar first, he came towards me, I locked the triangle, and then I went Americana off the triangle. I got it. But anyways, the principles for the armbar, when it involves combinations, are the same as well. So, for example, if we're hitting an armbar inside a triangle, we would kind of follow the same principles, and what we're going to do is we're going to go from armbars into locking basic triangles, and then when we do an instructional on triangles, then we're going to look at triangle armbars and trimoras from triangles. So we'll kind of feed into, it'll kind of be a segue into the triangles, where we'll lock basic triangles and finish basic triangles in the armbar instructional, and then we'll work on really advanced triangles and triangle

armbars, triangles with kimuras in the triangle instructional. Man, that's incredible. That's incredible. Yeah, guys, I wish you guys were here to feel the pressure that he was putting without using his hands, just with his legs. That was insane. But anyways, yeah, so guys, this instruction is going to be all about armbars, and I think armbars, no gi, with a gi, there's a lot less friction. With no gi, it's so easy to lose the position. Yeah, so the wedging has to be very precise when you're working without the gi, because when you have the pants and you have the sleeves, it's hard. It's so easy to yank out. And I think this is also a big help for who's fighting tournaments that have EBI rules. Yeah, for sure. That's pretty much like 50% of the game there, right? Guys, make sure to check it out. It's going to be at bjjfanatics.com. Maybe by the time you're watching, it's already there. So I hope you guys enjoyed, and thanks so much, Gordon. Thank you. Thank you. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under See More Videos. I hope you enjoyed. bjjfanatics.com Use the promo code YOUTUBEFARIA to get 10% off any instructional video. Improve your jiu-jitsu faster.