

Metadata: <https://www.youtube.com/watch?v=caK8QaqodpU>

I feel like in 10 years time, 20 years time, it's going to be who can take who's back basically. It's turning into that. It's turning into that. It's standing in front of a guy and trying to take their back by whatever means. Some basic hand fighting, good hip rotation, good expense, like there's some basics on the back that'll make you really good really fast. I totally agree. Most of the time when we see people cinch in a rear naked choke, they do it as their opponent is transitioning from one position to another. But once we find ourselves settled on our opponent's back, it becomes more difficult to successfully choke them before they eventually escape. Now a lot of your success in jujitsu is going to come down to your ability to grip fight, and working your way to a successful choke on the back is no different. So in this video, we're going to talk about strategies of grip fighting to control your opponent, to set traps for your opponent, and ultimately trap their arm and work to get a successful rear naked choke. Shhh. Now the aspect of control I want to highlight in this video comes down to having tunnel vision. And we talked about tunnel vision previously when we broke down this match footage that was sent in through the discord. And we emphasized how having tunnel vision on getting that seat belt grip can lead to our opponent eventually escaping. Now when we take the back, a lot of times our goal is going to be to get control over our opponent's hand. And you can see Gordon currently has that control. But as his opponent breaks that grip, if you have tunnel vision on getting control of the hand, you'll chase it. But Gordon does not chase the hand. He leaves his elbow close to his opponent's body. So when his opponent tries to bring their elbow back inside, there's no space for them to do that. If they are able to get their elbow on the ground, you may be able to switch to an arm bar on the other side. But at that point, they've pretty much escaped. So while we may start with this direct straight grip, he doesn't have tunnel vision over maintaining that grip. And instead, he focuses on control. And eventually he's able to reestablish that grip on his opponent's wrist. Now again, here you can see Gordon start with a grip on his opponent's wrist. And as his opponent breaks that grip, he does not chase it. And instead uses this half claw grip to maintain control. And then eventually he works his way back to that wrist control very effortlessly. Almost as effortless as hitting the like button because it costs you nothing and it really helps out the channel. Now as a general rule, choking from the overhook side is going to be much easier than choking from the underhook side. So if you're on the underhook side, one strategy could be to just take out your underhook and go for a choke with that bottom arm. We have seen this work on Gordon, but we've also seen him try this strategy himself. Another strategy that Gordon used in ADCC and talks about on his Instagram is from the underhook side, he still initiates the choke with that top arm and tries to encourage his opponent to roll through. If they complete the roll, that allows him to cinch in the rear naked choke. And Gordon talks about on Instagram how his opponent should be just trying to bring their head to the mat. And this will force Gordon to have to abandon the choke if he wants to maintain control of the back. But if you are going to roll, you really need to make sure you get control over your opponent's choking arm. Because if you can, your opponent can no longer lock in that rear naked choke. So although this may be a very simple and straightforward strategy, we've seen it work and Gordon will constantly remind you that it works on high level athletes. So it could be a little trap that's worth setting because it's pretty low risk and can lead to the end of the match. Now when we're talking about trapping an arm, it's important to understand the hierarchy of grips. And Donaher talks about this very extensively in his instructional. But just to breeze by here, the least desirable grip we can have when we're fighting from the underhook side is a straight indirect grip where our opponent's right hand is grabbing our right hand. The next grip up the totem pole is a straight direct grip where our left hand is grabbing our opponent's left hand. Next, we have an indirect cross grip where in this example, our opponent's right hand is grabbing our left hand and then the top of the hierarchy is a direct cross grip. Now if there's a situation where we find ourselves losing this grip fighting battle, which often means their

hands are on top of ours, which means at any point they can decide to let go and use their hands for something else. And if this happens, we can use this opportunity to threaten a choke immediately. But if your partner is just kind of hanging out with a death grip on your choking arm, one of my favorite things to do is use this technique that we call the master key to get them to release their grip. And if you don't know this technique, you should really look into it. I know Gordon covers it briefly in his back instructional, but I couldn't really find any other free sources. But this is one of my favorite things to do. And when it comes to trapping arms, you can do so with any grip as we see Ethan Crelston doing here with a direct straight grip. But the most reliable way to trap someone's arm is with this direct cross grip. Now a great way to get this cross grip is early on right in transition while you're progressing to the back, you can already be searching for that cross grip and trap their arm immediately. And one of my favorite ways to do this recently is taking this grip that Craig has here. And while you're falling to the underhook side, you can quickly throw your hand down and grab that cross grip. But once we kind of settle into the back, it's going to require a bit of grip fighting to get to that cross grip. And we're going to go over a very common grip fighting sequence that you can use to get this cross grip. So ideally, we have a direct straight grip on our opponent's hand here, and we work our way to get a second direct straight grip on our opponent's other hand, we use a second straight grip to try and shove our opponent's hand down towards their belly button. A lot of times our opponent's reaction is to free their other hand and go grab our wrist. This makes it feel like they're doing something and we say cool, thank you, we're going to take this opportunity to transfer to a direct cross grip. One thing that your opponent can do to try and be a bit annoying is they can use their free hand to try and mess with your leg as you're trying to trap their arm. If this happens, take the opportunity to take a second cross grip on your opponent, leading to a position John refers to as the straight jacket. Another thing they can do is they can raise their elbows really high, making it difficult for you to trap their arm and eventually leading to them exploding out. And also if they lift their elbow high, it gives them room to swim underneath your cross grip. So be sure when you're taking this grip, you're trying to pin it against your chest. Now as your opponents get smarter and smarter, they're not just going to sit there as you have a cross grip on their hand. They know you're trying to slide your hand in to take that cross grip and they're going to use this opportunity to free their hand and then potentially switch sides. Now again, this is where I really think Gordon shows how good he is because after Craig did this to him a few times, Gordon says, okay, I know you know this sequence, right? You're not going to let me get this cross grip. So instead, what I'm going to do is I'm going to fake it and kind of bait you to switch sides like you've done so many times before. But this time I have two direct straight grips. So as you switch sides and expose your neck, it makes for a very easy rear naked choke. So from a defensive perspective, please be sure you know why you're switching sides and don't switch sides after your arm is trapped because that leads to a situation where your bottom arm is now trapped and it's probably one of the worst situations you can be in. And you're probably going to get finished in the time it would take for you to hit the like button. And from an offensive perspective, after you've trapped their arm, it may be a good idea to initiate this switching of sides. So keep that in mind next time you trap someone's arm. If you found any of the tips or tricks helpful, please consider joining the Patreon and subscribing and sharing the video because that really does help the channel a lot. Thank you all for the support and we'll see you in the next one.