

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

Greetings, everyone, and welcome back to the channel. Hopefully, you're here from part one, where we went over the pros and cons of the overhook side and the underhook side. And in this video, we're gonna go over how to use the pros while minimizing the cons and develop an attacking sequence when we find ourself on the underhook side with a top side body triangle. This means we're gonna have to find ways to deal with our opponent switching sides to put us on the overhook side with a bottom side body triangle. And if we don't know how to deal with this, it can often lead to our opponent escaping. And one of the major weaknesses of the underhook side is it gives our opponent the ability to turtle, which can ultimately lead to these turning escapes. And even if everything goes according to plan from the underhook side, it can often be difficult to finish the rear naked choke. So in this video, we're gonna talk about our goals when attacking, while also discussing how to deal with these common issues. If you're new to the channel, consider subscribing, and let's get into the video. Shh. One of the major benefits of the underhook side is that it gives you the ability to trap your opponent's secondary arm with your legs. Now, sometimes our opponent is nice enough to let us trap their arm right off the bat, but a lot of times we're gonna have to go through grip fighting sequences where we feed our opponent's hand to a cross grip and use that cross grip to reliably trap their arm. Now, I made a video on this grip fighting sequence already, so if you're interested in more detail on that, check the link below. Now, once we have the arm trapped, sometimes we're able to finish the choke one-handed, but a lot of times against really stubborn people, it can be hard to get underneath their chin, and that's why it's often said that finishing the rear naked choke from the underhook side is much harder than the overhook side, because if we lock a full rear naked choke, which is very easy to do from the overhook side, it doesn't matter if we're underneath our opponent's chin or even if they have their hand inside the party. You can choke right through all that resistance with a fully locked rear naked choke. So now that we've used the strength of the underhook side to trap our opponent's secondary arm, ideally, it would be nice to now switch to the overhook side, where we can shoot a fully locked rear naked choke with their bottom arm trapped, and this right here is pretty much checkmate. Now, when you're making this switch from the underhook side to the overhook side, I found taking this deep lat grip like Gordon uses here and then aggressively bridging into your opponent, and a lot of times, our opponent will be trying to bring their back to the mat, and when doing so from the underhook side, it often results in them aligning their chin perfectly with our elbow. So as we're making the switch to the overhook side, we just flip our hand out from our opponent's armpit and then lock in the rear naked choke for the win. Now, in our primary strategy, we end up switching sides on our terms, but if our opponent's good, they know these pros and cons as well, and they can end up switching sides on their own to expose the weaknesses of each of these positions. They know that the underhook side offers a lot of good controlling characteristics, and they don't wanna get their arm trapped. So I think we've all probably heard the advice that if someone has a body triangle locked on you, you wanna switch sides to make that body triangle face the ground. Now, if our opponent's really good, they're gonna make sure they win the grip fighting battle before they switch sides. If they don't win the grip fighting battle as they switch sides, you can take the opportunity to shoot in a rear naked choke. But if they're good, they're gonna make sure their primary defensive hand is in place when they initiate the switching of sides. And as they're switching sides, we say to ourself, man, we don't wanna end up on the overhook side with our body triangle on the ground. So we try to switch our legs to a top side body triangle, but now we're on the overhook side. And one of the cons of the overhook side is that it's gonna be much easier for our opponent to clear our bottom hook because they can use their hand to help them. And by trying to switch our legs, we pretty much help them untie themselves from our lower body control. But the good news is we're on the overhook side, so we can kind of double down on that upper back exposure that we have and retake the back. But if

our opponent is really, really good, they'll say to themselves, okay, you're trying to bring me back to the underhook side. And by doing so, you have no control over the top hip. And one of the cons of the underhook side is that it's much easier for me to turtle. So what I'm gonna do is I'm gonna say, okay, let's go to the underhook side and I'm gonna go to turtle right away. And you're gonna have to try and shoot an arm bar out of desperation. And once that fails, I'm gonna be out. So now that we understand what the cream of the crop are trying to do when switching sides, let's kind of take a step back and see how we can develop an attacking sequence as they're trying to switch sides. So ideally, our hands are on top of our opponents when they decide to switch sides. And we can take this opportunity to try and shoot in a rear naked choke. Sometimes this will work, sometimes it won't. If it doesn't work, let's punch back in the underhook to reestablish some control. And I think it's a good idea to not try to switch your feet because like we talked about, when you try and switch your feet and it doesn't work, it's kind of the beginning of the end. And if you are gonna switch your feet, do it when you're winning the grip fighting battle. So if your opponent tries to use their hands to disrupt your legs, you can threaten the choke immediately. And you can see here the second time Gordon tries to switch sides on Craig, Craig does not try to switch his legs. So now we find ourselves on the overhook side with a bottom side body triangle. And our lower body control is a bit weak at this point. And what we cannot accept is our opponent's chest facing the ceiling as they get their back to the mat. So because Gordon was winning the grip fighting battle as he switched sides, it doesn't make sense for Craig to go for a rear naked choke. And instead Craig shoots his hands high up to Gordon's other shoulder, which again is basically Craig doubling down on that upper back exposure from the overhook side and making it very difficult for Gordon to get his back to the mat because he controls Gordon's elbow so well. And this allows him to fall back to the underhook side and reestablish control and ultimately go for this famous arm bar. But again, as they're switching sides, I think it's a good idea for us not to switch our legs, except the fact that the control of our opponent's legs is not gonna be very good and double down on that upper back exposure to reestablish control of our opponent's back. Now, like we talked about, Craig kept his hands locked here, but I've had a ton of success using this deep lat grip. And if you're not able to get that deep lat grip, a lot of times you can get this half claw grip, but regardless of the grip we use, we cannot let our opponent's back get to the mat. So we're gonna be bridging into them very intently and basically trying to get them to turtle. And as they resist the turtle, we can shoot in our underhook and reestablish control. Now, if we really mess up and our opponent is just about to escape, we can take this grip here, which doesn't offer the same control because it's not underneath our opponent's arm, but still the goal remains the same. We have to keep our opponent's elbow from coming to the mat. And basically what this comes down to is you're bridging into them very intently trying to get them to turtle because it's gonna be very easy for them to get their back to the mat. And if they do, then they're out. So whatever grip you decide to take, you have to make sure you stay behind their elbow. So just to reiterate a little bit of what we talked about in part one, from the underhook side, our opponent can easily use their hand to free the top hook and allow them to turtle. And a lot of times this can lead to things like the turning escape, which can be very hard to deal with from the underhook side because our underhook does a good job of preventing our opponent from turning away from that arm. But if our opponent is trying to turtle, they're turning into that arm, which is gonna be very easy to do, especially if they clear that top hook. Now from the overhook side, it's gonna be very difficult for them to turtle because we have an underhook on that top arm. And in order to turtle, they're turning away from that arm. So even if they're super strong and they end up turtling, we're able to maintain that chest to back connection and control of the back. So if we're on the underhook side and our opponent just explodes up to turtle, we need to do our best to try and get our underhook on that top side, which will ultimately give us double underhooks and give us a much greater chance of maintaining that chest to back connection. So now let's just run through an

example of how this might play out in a real life situation. So let's say we find ourselves on the underhook side and our opponent just decides to switch sides right away. So we try to shoot in an opportunistic choke, but it doesn't work. So now we're on the overhook side with a bottom side body triangle. Our opponent's trying to clear our bottom hook and get their back to the mat. We switch to this half claw grip and come up on our elbow to really put a lot of pressure into our opponent to try and force them to turtle. They don't wanna go belly down. So as they resist, we shoot in our underhook and the momentum takes us back to the underhook side. Now we're trying to go back to our primary strategy of using the underhook side to trap our opponent's arm. But as we're going for that cross grip, they do a good job of not letting us achieve it and then switching sides right away to bring us back to the overhook side with a bottom side body triangle. And we're thinking to ourselves, man, this guy's pretty good, right? But we're not gonna switch our feet. We're gonna reboot the system and we're gonna get back to the underhook side with that top side body triangle. So at this point, we've kind of patterned this guy, right? Like he likes to switch sides to get us to that overhook side with that bottom side body triangle. So this time we kind of bait him to switch sides. And as he does, we strip his grip and cinch in the rear naked choke from the overhook side with a bottom side body triangle. So that is the framework when we're attacking from the underhook side with a top side body triangle. I hope you guys enjoyed this video. I've spent a lot of time thinking about and practicing this position in preparation for the video. So consider subscribing to show your support and stay tuned for part three when we find ourselves attacking from the overhook side with a top side body triangle. Thank you all for your support and we'll see you in the next video.