

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

Greetings everyone and welcome back to the channel. When talking about the back, there's always been the debate on whether it's better to attack from the overhook side or the underhook side. And the results I received from my poll on YouTube were that the majority of you preferred to attack from the underhook side. And the reason behind this is that the overhook side is good for the rear naked choke, but the underhook side is basically good at everything else. And I'm sure most of you watching this video are relatively familiar with this, how a lot of times it can be hard from the underhook side to finish the rear naked choke, but it does give you the flexibility to transition to things like arm bars. And another very popular reason why people enjoy attacking from the underhook side is because it allows you to control your opponent much better. By just the nature of the overhook side, it's very easy for your opponent to get their shoulder and head to the mat, which can often result in us losing control. I think there are a whole laundry list of pros and cons that tend to be overlooked during this discussion. And in this video, my goal is to put everything on the table and end this discussion once and for all. Now when it comes to applying a rear naked choke, a con of the underhook side is that it's very hard to extract your bottom arm, which you'll ultimately need to cinch in the full rear naked choke. So a lot of times from the underhook side, you may be forced to finish one handed. Now sometimes your opponent is nice enough to bridge on top of you, giving you the ability to free your secondary arm and cinch in the full rear naked choke. But the majority of the time, it's going to be much easier to cinch in the rear naked choke from the overhook side because your secondary arm is off the ground. So it's a pro when you're on the overhook side that you can lock in the full rear naked choke, while it's a con for the underhook side that you're most likely going to rely on a one handed finish. Now a major pro of the underhook side is that it gives you the ability to trap your opponent's secondary arm. If you try to trap an arm from the overhook side, you're giving up your underhook at that point. And without an underhook, you're really sacrificing your control and giving your opponent the ability to escape. So your ability to use your legs to trap your opponent's arm is a primary reason why people enjoy attacking from the underhook side. Now again, as most of you know, when we're applying a rear naked choke, we ideally want their chin lined up with our elbow. And when someone is escaping our control, a goal of theirs is to get their back flat to the mat. Now from the overhook side, when they're turning to get their back flat to the mat, you can see this is bringing their chin farther away from our elbow. So from the overhook side, it's difficult for us to achieve that ideal chin positioning. And although we can lock up a full choke very easily, if the rear naked choke doesn't work, we completely lose control over our opponent. Now from the underhook side, if our opponent is trying to slide their back flat to the mat, they're going to be helping us achieve that alignment because their chin is working towards our elbow. So again, it's not as easy as saying the overhook side is better at finishing a rear naked choke because it's much harder to achieve that ideal alignment from the overhook side. Now good head positioning from the overhook side means that our head is going to be above our opponent's. But often this makes it a little more difficult for us to make our bottom hook long and use things like a topside body triangle. Now you can definitely do it, but it's going to be a little bit more difficult than the underhook side because on the underhook side, especially if our head is curled underneath our opponents, you're going to have a better ability to make your bottom hook longer and you're going to have an easier time locking a body triangle on the top side. And the whole point of this is we want to prevent our opponent from beating our bottom hook. But if our opponent is winning the handfight from the overhook side and they have their primary defensive hand in place, they can use their other hand to clear our bottom hook, which then allows them to get their back to the mat and ultimately escape. Whereas from the underhook side, they can't use their secondary hand to free our bottom hook. They would have to use their primary hand. And if they do, we can threaten the choke as fast as you can hit the like button. And that's why keeping your bottom hook is a con of the overhook side and a

pro of the underhook side. Now, when we're talking about controlling the back, you control your opponent's upper back with your arms and their lower body with your legs. And from the overhook side, if you're losing control of your opponent's lower body, it's still very hard for your opponent to bring their elbow down to the mat because you have the underhook on that top side. So you're able to kind of double down on that upper body control from the overhook side and reestablish your hooks and ultimately the control of the back. Whereas from the underhook side, although it's much harder for your opponent to clear your bottom hook, if they are able to free their lower body, you now have nothing stopping their elbow from coming to the mat. Or they can just pummel back to double underhooks. And with your head being way out of position, it's going to be very easy for them to escape. So although it's easier for your opponent to clear your bottom hook from the overhook side, your upper back control is much tighter from the overhook side. You do have a greater ability from the overhook side to recapture the back. Now diagonal control is a huge concept in Jiu Jitsu period, but it's especially important when controlling the back. In this example, our underhook prevents our opponent from turning to their right and our hook prevents them from turning to the left. From the overhook side, you can see we have an underhook on the top side and also we have a hook on the top side. Now we do have a body triangle which offers great control over both our opponent's hips, but our active hook is on the top side. So we don't necessarily have the greatest diagonal control. But if we're able to switch to the underhook side, we have a much greater form of diagonal control. So I do think the underhook side offers a greater form of diagonal control. Now we talked about previously how the overhook side gives our opponent the ability to use their secondary hand to free our bottom hook. But from the underhook side, they can't use their secondary hand to free that bottom hook, but they can use it to free the top hook. And if they free the top hook, now we lose our diagonal control and it gives our opponent a very easy ability to turtle. A lot of times from the underhook side, we'll be controlling our opponent's arm, making it difficult for them to bring their back to the mat. But if our hooks become weaker, our opponent is going to have the ability to do things like this turning escape here. Or if we're trying to trap our opponent's arm from the underhook side, we have to kind of loosen up on control of that top hip to free our leg to trap their arm. And if they're ready, they can capitalize on this and explode up to turtle position to facilitate their escape. Now from the overhook side, it's going to be easier for our opponent to get their back to the mat, but it's going to be very, very difficult for them to turtle. Now again, not saying they can't do it, but it's going to be much harder than the underhook side. So hopefully this list contains a few things that you didn't consider when deciding whether or not it's preferred to attack from the underhook or overhook side. And in the next video, we're going to talk about how to use these pros and cons to design attacking sequences when we're trying to finish that rear naked choke from the back. So be sure to subscribe so you don't miss part two, share the video with your training partners, and we'll see you soon.