

Metadata: <https://www.youtube.com/watch?v=XQOTWIQ9hEc>

All right guys, so a big problem in deep half guard and half guard in general is the Darce choke, right? people have A lot of success hitting that choke from the top position. This is something I trained for tremendously I had a super fight ADCC super fight against Babalu and Basically, I was just concerned about one thing for him and that was his Darce choke So we studied it a lot, you know And then I found I put myself in the position to get Darce and guillotine Who's helping me to reverse because what happens when people reach in for your neck? What are they doing? They're taking away their post First things first we have to address the choke. Okay, so Trying to think of what direction Sam I'm here. Okay, my partner reaches over Gets the underhook out of the overhook brother Drop that through and start coming over my head Start locking my hands good. So he could set up guillotines and Darce's from here Okay In order for me to get the Darce you have to drop his right shoulder in more but it's okay This is how it often starts First thing I must do from here All right is either drop my hand extremely low or extremely high Any in-between position I'm in trouble All right, that's number one. So I like to come low with the choke to I'm reaching in and I'm grabbing my partner's hand But I'm grabbing this hand It's kind of like do you know we saw a Bronx tell If anyone anyone who's seen it the bikers broke in to the bar. They didn't break in the bar They're winning the bar. They're being rude. They asked them to leave they wouldn't leave so they locked the door They said now you can't leave. Okay. Okay. He wants to go to the choke I'm gonna take his arm, but he's not gonna get it back Okay, so he's here in this position. I Drop it low. I grab the wrist Once I grab the wrist with one hand, I'm coming up and I'm grabbing with two hands when I grab the two hands I drop my elbow All right, squeeze the choke Like choking the unconscious Now guys, it's not comfortable but I'm not going out next thing I'm gonna do is take in Towards the choke don't come all the way on top from this position Pull your legs out Okay Control the shin Sit into your partner Guys, don't come on top yet because your partner has a dart as soon as I put your leg down As soon as I go to come on top My partner has a rolling dart stroke My partner has a rolling dart stroke. I stay low. All right I'm peeling at the hands now Once I'm in this position And I have the hand off my artery. I'm gonna bring my head to my partner's hip Okay, once my head is to the hip I can push myself up and free myself The worst place to be in a dark situation is your head in the middle of your partner's chest when they're on the bottom If they're rolling through Yeah, so your partner So remember what I said most people They start defending with this hand this hand isn't initially gonna defend this hand is gonna drop low When I drop it low, I'm taking pressure off my artery This hand is defending Once I'm here now once my hand is already low Relieving some pressure from that choke now. I could swing it back in While I grab the wrist, but look I'm not swinging it back in and pulling my elbow up. My elbow Stays dropped. That's why I like to drop low instead of high because when I'm high it's initially defending But I'm gonna have to come low anyway All right Never in between remember so I'm low elbow stays dropped. I defend the choke Okay, now you'll see my face when he tries to start squeezing now. It's not great, but I'm okay I can talk to you through it and I promise you guys no matter who this is I'm gonna I'm gonna feel just as comfortable here because the position that I have All right. No, I'm gonna do pendulum one. I'm gonna come forward back Staying low controlling shins head to the hip pull yourself up Now The deep half guard you're gonna have people go more for the guillotine than the darts You Saw him He's getting deep you saw him come here the difference if I had the darts I will be here All right coming in this position All right, same thing though. He drops that arm super super low The relieving some pressure he's gonna bring his right hand to my wrist All right, I don't have much from here now he's gonna bring his left hand to my wrist as well So now I'm in big trouble. But look what I wanted to do is not come to the outside I wanted to loop his hand like totally over my wrist. So come totally over my wrist. Yes. Now I can't pull that wrist out Okay, he's pinching his knees together. He's swinging his legs towards me now away and he's sweeping me Right over like me I already let go of

the choke there so I didn't feel comfortable Give that a try my friends