

Metadata: [https://www.youtube.com/watch?v=ovyq\\_pmaB88](https://www.youtube.com/watch?v=ovyq_pmaB88)

Why do I favor the back position so strongly? Why do I favor it above all the other positions in submission grappling? There is a fundamental asymmetry in the human body between threats that come to us from the front, which our body is well adapted to deal with, and threats that come from the back. In almost any combat sport you will see that a constant theme is the idea of achieving dominant angle upon your opponent. It's always to our advantage to attack from flanks, and the ultimate flanking attack is one where we're directly behind our opponent. The human body, as I said earlier, is well adapted to deal with threats coming in from the front, but poorly adapted to deal with threats from the rear. We want to make use of this asymmetry as much as possible when we engage in the sport of jiu-jitsu.