

Metadata: <https://www.youtube.com/watch?v=dR6NBwBzi20>

Ok, guys, here today with John Danner and you, John, for me. Guys, John and I were just talking here about strangles as he just finished shooting his next instructional, the turtle breakdowns and strangles. And John is going to share with us here a very funny story about the first time that he went unconscious in Jiu-Jitsu. So, how was that, John? I think it's fair to say no one gets through this game without passing out on multiple occasions. I think the first one that happens is probably the one you remember the most. My one occurred when I was in white belt and way back in the mid-90s. And you've got to remember, Jiu-Jitsu was a very different scene back then. Jiu-Jitsu was like this crazy, backdoor kind of insane, extreme sport where only a few people even knew what it was. And Hansel had just come to Manhattan and was teaching there. And we would all come in, train and get a good workout in and go home. Most of us were very much part-time athletes. I was a university student at the time and my whole ambition was just to get a blue belt in Jiu-Jitsu and that was more than enough. And get to use some Jiu-Jitsu in my nightclub job working as a bouncer. So we'd come in and everyone would duke it out. The numbers of techniques we knew was very, very low back then. It was very primitive Jiu-Jitsu. Hansel had just moved to the United States and he had come from probably the most advanced Jiu-Jitsu school of that era, Gracie Baja, in the mid-1990s. And he'd suddenly come to a city where literally, I think there were two purple belts in the entire east coast of the United States. It's so primitive. It was a room full of white belts. And I must say that the technique that we had back then, Hansel had to start at absolute ground zero for Jiu-Jitsu. So the white belts of today would look like purple or brown belts of that time. So basically we were a bunch of enthusiastic amateurs with very little technique. So we're in this crowded room and Hansel was teaching in this crazy abandoned building in midtown Manhattan. And no signs on the window. You had to catch some crazy elevator to go up onto the fifth floor of what looked like a condemned building to go and work out. So one night we're all there working out and a visitor came in. Now in those days, we were all a pretty tight group. And when a visitor came in, it was always understood that you had to go hard at him and see if you could show him that our school was tough. So this kid came from Europe and I believe he was either Judo or Sambo and it was way more advanced than we were. And none of the senior belts were there. It was just all us white belts. So normally what they would do is they'd get one of the senior belts like Matt Serra or Ricardo Almeida and they would go with them and win. And we would all watch and be like, yeah, our upper belts can really do it. So this guy comes in and he's tapping out all the white belts and I can see Hansel getting pissed. He's like looking at this guy and this guy's fucking tapping out the white belts. So he calls up the more advanced white belts and he's like, you know, you go with him like that. And the guy taps out the white belt. There's another white belt, you go with him. And this guy's just tapping out all the white belts. So finally he goes to me, he goes, John, you go with this guy. So I'm like, OK. So he's rolling someone. So let me look at him and see what he does. So he's doing a stranglehold where as people go to pass this guy, he would catch them in the act of passing and go to finish them as they passed. It was in the gi. So he would grab into the collar and hit the variation of juji-ji, make a cross collar strangle and pull them in so that as they went into what they thought was a side pin, they would pass out. Now, me being the great white belt that I was, I was just like, there's no way this guy's going to strangle me from that position. Everyone knows that side control is a dominant position and there's no way this guy's going to strangle me from side control. So I'm going to pass this guy and when he puts his body in that stupid position, I'm going to throw my legs out. I'm going to take an armbar and I'm going to break his arm. So he calls me and he goes, John, you roll with him. So immediately I stand up, I get a hold of his two gi pants, straight past his guard, blow right through it. And I can feel his arm going into my neck and I'm like, he's way too slow. There's no way he's going to get this in time. I throw my leg over and I go triumphantly into my armbar and I'm thinking, I've got this guy. I'm going to look like a total stud in front of the entire class. This guy

tapped out everyone. Here I am, the lowly white belt in the room. I'm going to win. I'm going to make like a total stud in front of everyone. And Hinsley's going to be so proud. I fall down, I get that arm nice and straight. And then I wake up. And Hinsley's looking at me, he's like, John, you okay? And I look up, I'm like, did I win? And he's like, no, you passed the fuck out. And I'm like, oh man, I was so embarrassed. So you tried to defend the strangle going to the armbar, but the guy still had it. He still had it. Apparently I threw my leg over and just went. Well, my moment of glory kind of went the other way. And my nickname for that week was Sleepy John. That was my first strangle out. I'm sure you guys have your stories too. Don't be afraid to share them in the comments. Yeah, guys, let us know in the comments. What was your first story about your first time in unconscious? Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.