

Metadata: <https://www.youtube.com/watch?v=mfvCtwTMpx8>

This video teaches five of the best BJJ choke holds demonstrated by some of the greatest legends in Jiu Jitsu including John Danaher, Andre Galvao, Travis Stevens, and Fabio Gurgel. You're gonna work with your knuckles against the side of his neck, okay? It's not against the throat, it's on the side. The throat, right here in the middle, it's really hard, okay? So you're gonna always squeeze this soft spot. So you're gonna control like this, both hands like that, grabbing right inside his collar right here, and then you're gonna squeeze the hands together, okay? You grab four fingers inside, control, and then squeeze really hard. And this choke is really, really effective. So if Jontas is pushing me here, right? So I start here, so he's gonna push me. So he push, I'm gonna palm him with my hands inside, one, two, and then I put my hands, my chest on him, okay? So again, he's gonna push me, I go one, two, now I'm gonna control, I'm gonna control his collar right here, in one side, and then control the collar the same way in the other side. Keep the elbows on the floor, now look, I'm gonna put, I lift my elbows a little bit, putting my knuckles almost against each other, then I squeeze. So don't try to go with both hands together, go like one, two. See, when I go with my hands inside, I move my shoulder forward as well, okay? Like this, go Jontas. One, two, elbows on the floor, chest on him, I go one, two, control, and then squeeze. Okay, so control, and squeeze really hard, okay? It's pretty much like, not going like on top of the throat, these two parts of your knuckles, okay? The first two knuckles right here, you're gonna go right in the soft spot of his neck, and you force more with these two knuckles, so you're gonna turn your hand a little bit this way, and squeeze against each other. So you're here, you're gonna go like this, okay? Let's take a look at how we can hit an Ezekiel from the back. So all this is, is making sure you can create an angle against your partner, okay? So I have my basic standard seat belt here, let's just hang out with the serves, we're just gonna hang out here. Now the big thing is, is my right hand, the hand I need to set this choke, is too low on his chest. I really want to get it all the way up, so I can grab him by the shoulder here, or by the back of the neck, somewhere where he's gonna have trouble grabbing my fingers. So while we're in this position, it can be a difficult thing to get my hand all the way up there, but one thing I can do is, I can remove one hook, so that I can put the other hook across, and I can start pulling him in, so that now my hand can come all the way through. Now I can go four fingers in the knee, I can bring that hand across, I can curl that hand in, and now when I fall back, I can look at him, I can throw my foot up, and I can finish a good strong Ezekiel choke from the back. One of the things that I like to do once I go for this, is my left hand here goes to the bottom part of his hip to keep him in close. So while he's playing defense to all these grips, and I'm in this position, once I put my foot to his hip, and I cheat that corner, and I come up, this can be a dangerous part. So I'm just going to grab onto his hip and his belt here, to hold him in nice and tight, because his job is to put his back to the floor and escape. So I want to make sure that that hip down here doesn't escape. I want to keep him in nice and close, and clamp this knee so he can't go anywhere. And then I can use this, even though my hand isn't all the way up, it's high enough on his collar, so that when I pull him up, and I can get to here, my hand can shoot all the way through. Okay, so on this side here, while I'm shallow on his chest, and my foot is all the way across, when I establish this grip on his chest, notice that my shoulder is on the wrong side. Ideally, I get my shoulder underneath his armpit, to reach all the way through. But right now I'm here, so I have to get my shoulder underneath his armpit. To do that, I elevate him, there. Now I drop him, and now my hand is all the way through. Okay, so I'm just rocking the ship a little bit. I'm basically from this angle here, where my hand is shallow, I'm going to take a grip on his hip, a grip on his chest, I'm going to hold everything, give me some resistance, there you go, I'm going to hold everything in nice and tight, and I'm going to use my thigh here on the back to lift my forearm. And when I do that, I go back at an angle, and then forward. Now my hand can shoot all the way through, I can lock it up, and I can get it behind his head, where I can finish the choke. There you go. From the other side here, where my left hand is

underneath, and I push off that hip, I start climbing it, I grab that belt, I'm going to take a grip here on the collar to make sure he can't rip it too much. I'm going to pull him in, and then drop him. And now, here's my hand, I come up, four fingers, and then I knife it through. And from here, we can start locking up the back. From here, throw his hook over the top to make sure he can't use it, and then we can finish the choke. When we first go into work, don't just put your hand in, okay? Always feed the lapel into the thumb of the strangle hand, just like we did before. My favorite grip by far for clogged strangles is double lapel. Nothing else is even close. From that double lapel grip, hand goes down the crotch, takes all the slack out of the jacket. Now from here, the first starting position we're going to look at is this wedge position, where my knee wedges behind the tricep. Now, I step over my training partner's body. My first action is to sit through, so that I beat the shoulder line. Once we beat the shoulder line, now we switch off to a sprawling method, where my head comes down to the floor, and from here, we put downward pressure with our hips, and we get a very, very strong strangulation. From here, when we first set our strangle hand, it's important that my hands be asymmetrical. The strangle hand will be very high, and the other hand will be very low. My control hand takes the slack out of the jacket, okay? And as a result, it goes straight down towards the crotch. As a result, all the slack is taken out of my opponent's lapel, so that when I go to apply a strangle on the other side, there's no movement of the jacket around the neck, which is a common problem. By taking away all the movement, we now have a perfect murderer's rug set around our training partner's neck, and from here, the strangles are very, very strong indeed. Elbows closed. I'm trying to get the choke, but the guy doesn't allow me to put the hands on the collar, so he's defending himself really well. So, I have tried many things, tried to take the elbow out, but it's not working. The guy's still there. So, what I'm going to do is, I'm going to start opening his lapel, right? So, I'm going to open his lapel as much as I can, and feed the other hand. As I get the lapel under his shoulder, again, I'm going to put the knee on belly. So, my goal is, again, create a space to put my hand in. So, I'm going to do this and switch. In order to switch to the bravo choke, I need my opponent to turn sideways. So, that's why I use the knee on belly all the time, because when I put the knee on belly, I force him to turn into me, because he needs to escape from knee on belly. That's his first reaction. I'm not saying that's the right one, but that's the most common situation. Every time you touch your knee on your opponent's belly, he's going to move the hip away. So, I'm here. If I do this, the guy's going to move the hip away. So, and every time he's sideways, he's coming to the choke, right? It's the best place for me to put my hand in, because his neck's going to be right on top of my blade, and then, where the choke comes. So, that's why we're going to use the knee on belly a lot of times, when we want to get the choke from the side control. So, I'm here. As I touch the knee on his belly, my opponent's going to react, escaping the hip. I'm not worried about keeping the knee on belly. That's not my goal. My goal is get the lapel on the other side. So, I'm going to do this. As he moves, I just switch and get the lapel with the other hand. One more time, this knee's going to, this leg's going to be up, but I'm not putting the pressure on the knee on belly. I just want my leg here to avoid him to recompose the guard. Just to make you guys see, as he turned into me, look at how his neck is on top of my forearm. That's exactly what I want in order to apply the choke, right? So, from here, I'm going to grab the same lapel, close my elbow, and again, move my head on top of his head. Don't try to squeeze forward. When you put this leg up, it helps you also to correct the move, because from here, it's hard for me to put the weight to that side because my leg is blocking me. So, it's much easier for me to drive my weight this way, which is the correct way to do it, all right? One of the most common mistakes we see here is people come in with two arms over the top and start trying to strangle in positions like this. Now, I don't have any ability to control Bernardo's rotation from here, and so he could easily turn towards me and I have no ability to strangle him now, okay? So, the first thing you've got to do is you've got to be able to stop your opponent from rotating inside your arms, and the way we do this is by putting one arm under

and one arm over, okay? So, if Bernardo rotates it to our right, my left hand will make it very difficult. I put my elbow in front of his shoulder, Bernardo goes to rotate in the opposite direction, it's very difficult, okay? And if I had two hooks in, it would be even more difficult, okay? So, your first thing, shut down his ability to rotate. When I have two arms over the top, I have very little ability to stop him from rotating, and as a result, he can turn into me, and now all the strangle angle is gone, okay? So, always, we start with a control hand. My hand goes underneath and locks onto my training partner like so. Alternatively, I can lock my own hands, and that will create a similar effect, a seat belt grip, and this too will put an elbow in front of his shoulder and a hand underneath his arm, so that when Bernardo goes to rotate inside me, you'll find it impossible. So, whether you choose locked hands with a seat belt or open hands with a one-on-one grip, that's an individual choice. They're both good choices. They have their respective good and bad, okay? Now, at some point, we're going to start going into a strangulation here, okay? And the first problem you're going to run into is your opponent putting his chin down defensively, okay? When we start off talking about strangles from the back, let's understand something. We've got a clear goal in mind. That goal is to create situations where Bernardo's chin is a certain distance away from his chest. If there's no distance and the chin is down, strangulation becomes quite difficult, okay? So, if I ever see Bernardo's chin is away from his chest, away from the chest, and it's the width of my wrist, I will immediately go in and start my strangles, okay? Once the wrist penetrates, the rest of your forearm will easily follow, okay? It's the wrist which is the initial target, okay? If I get my wrist under, there's no way you're going to stop the rest of my arm following it. A question is, well, what if my opponent's chin is down and, as a result, my wrist can't fit? You have to start thinking about your hand and forearm in the same fashion as a knife. You want to create a thin edge that can easily cut through underneath the jawline and then progressively get thicker and thicker towards the wrist until ultimately all the way up to the elbow and forearm, okay? So, let's bring the camera in close and see how this might happen. Okay, we've established a control hand here, okay? Bernardo's chin is down. I can't go in with the wrist straight away. It's too thick. It'll never fit underneath the chin. The first part of the sequence is the thumb knuckle, and the point of contact is behind the ear, working our way underneath the jaw. So, even when Bernardo does his best to put that chin down, go strong, Bernardo. I can always get the thumb knuckle under. Then the fingers extend, and we walk until the whole thumb is underneath. When he puts that chin down tight, too late. Now, from here, I walk the wrist. When the wrist is successfully penetrated, we lift, and then the whole forearm and elbow follows. Now, I take my hand. Let's take a camera high, looking down. I take my whole hand behind the nape of his neck here. I never put my hand here on the shoulder where he can reach up and peel my hand. I want to hide my hand from his. There's no way he can make effective contact. Now, it's time for me to take the control hand out, and I want to cross my wrists. A common, common mistake here is people grab their bicep. I've now exposed my hand to my opponent. I'll never finish a strangle now. I want to minimize hand exposure by putting my hand over my own wrist. As a result, I can take my elbow forward over his shoulder and pass my hand across. Now, here's a common mistake. People put the hand on top of the skull. Now, I've exposed my hand to my opponent. I always want to put my hand on my own shoulder. Let's bring the camera in front, so that my hands are not exposed to my training partner. Now, the last thing I want to lock my hand in place. I use my chin to do that. As a result, we sit in place. Now, from here, to actually finish the strangle, I use a rotational method where I take my right elbow over my training partner's right shoulder. As a result, we get a very powerful strangle. you