

Metadata: <https://www.youtube.com/watch?v=Ee5Bob9fC9k>

We're looking at this central problem of the Kimura system. The central problem can be stated incredibly simply. How are we going to take our opponent's hand from a strong anterior position to a weak posterior position? We're looking at situations where our opponent has a very, very strong grip, either hand to hand, hand inside thigh, hand on belt, whatever you want. Our first response to this problem was to incorporate our legs into the Kimura attack. We saw three very effective ways of doing so. Now we're going to go to a different strategy entirely. We're going to give up on the Kimura and go to an alternative submission hold. One of the great things about Kimura, as we pointed out earlier in this video, it's not just a submission hold. It's also an incredible restraining device. Kimura has two faces. On the one hand, it can be an incredible means to break someone's arm. On the other hand, it can be an incredible means of restraining somebody's movement. It's that second aspect of Kimura we're going to look at now. We're going to restrain our opponent's movement, switch to an alternative submission. In this case, it's going to be Juji Gatami, the armbar. From there, we can flow into triangles, et cetera, et cetera. We're going to start off in a dorsal Kimura position. We'll start facing this way here, just like so. From here, we're going to lock up on our training partner. We're finding extreme resistance here. For whatever reason, I feel perhaps my balance is off. I'm worried about trying to step over into cross Kimuras, et cetera, et cetera. We're just having a very hard time working. In situations like this, there's nothing wrong with switching off into an alternative submission hold. I'm going to switch my arms. I was left arm, elbow to elbow. I'm going to come through and go right arm, elbow to elbow. From the elbow to elbow position, I'm going to put my hand on the floor in line with my training partner's hips. I'm going to swisher my feet to the outside, just like so, so I can put a foot up. From this position, I bring my two knees up and lock in, just like so. Immediately, I go back into the Kimura. I come in and relock my hands. Why? If I go back in this position, it's so easy for my training partner to go into a turning escape. From here, he's up and gone. The turning escape is only possible because my opponent's arm can extend. If the arm extends, it's so easy for his body to turn away. If I have a Kimura, his arm will not extend. When he goes to turn up and away, he can get all the way up to his knees, all the way up to his knees. It means nothing. The Kimura will always return him back where he came from. Once we've got this, our opponent has to now lock his hands defensively. We're going to take our foot and thread our foot through and go from here into the so-called three-quarter judogitami, where my foot comes through underneath the neck and reinforces at the head, just like so. Now, when I go to separate my training partner's hands and he goes to turn his body out, he finds to his horror that he can only turn so far. Even if he gets all the way up towards his knees, the control of the head and shoulders means we can easily straighten the arm out and get into a strong finishing position. Once your opponents figure this out, you'll get a very common response. They will start coming up into you. When we see that happen, we're just going to draw in the second arm and kick our legs into place. I'm going to put my knee behind my training partner's head as a wedge, and as my training partner comes up into his knees, we're just going to lock the figure of four and go into senkaku, the triangle from the front, for the finish. Once again, we start off here in front of our training partner. We're in a good position now to try and separate the arms, but we find we're unsuccessful. We use a switching elbow method. My hand's always up. The lower my hand, the more my opponent can start swimming his arms around, so we bring our thumb up to our own sternum. We put our hand down on the floor, and I pick my knee up, so that as we go to sit down on our training partner, we've got excellent control. We go elbow to elbow, and we pin his hand to his own ribcage, so that even now, if he tried to get up and go, the kimura would at least hold him in place, again, kimura as a restraining hold rather than a submission hold. I pass my foot through. We can go to a regular judogitami, or the preference that I have, to feed the leg through and switch into the so-called three-quarter judogitami. When we have a three-quarter juji, we don't have extended legs. We want

to draw our feet back onto the neck, just like so. From situations like this, as my training partner goes to turn out of the lock, he finds the head and shoulders are well-constrained, as opposed to a regular judogitami where it's quite easy for him to get up. So we hold in, just like so, and control the head and shoulders. If my opponent is smart, and he locks the hands in, it's going to be difficult to finish by this method. So we're going to hold the opposite elbow, and we're going to give him an opportunity to come up on top. As he does so, he finds everything is wedged in by that tight senkaku, and from here we can easily lock up a figure of four and finish in the usual fashion.