

Metadata: https://www.youtube.com/watch?v=Va27AV_zyqs

All right, so let's say our opponent locks up the buggy choke pretty fast for whatever reason and we're not able to do the preemptive defensive things. So, one of the main things that personally gives me trouble when it comes to body locking is our opponent placing their arm over our head and then retracting their elbow. Therefore, it displaces your head and it makes it significantly harder for you to finish the buggy choke. So, our opponent is bottom side control, we end up in the buggy choke and we're having trouble here. Immediately, we're going to take our arm, bring it over their head and with our elbow, we're going to retract our elbow towards our own body. This misaligns their head and makes it significantly harder for them to finish. Here, most times, they will not be able to finish. So, you can really just relax and wait for your opponent to let go of the buggy and do something else because they will not be able to finish this buggy choke from here. If you're properly taking your elbow down to the mat and dragging that elbow towards you, it misaligns their head in a way it makes it so much more difficult to finish the buggy choke.