

Metadata: <https://www.youtube.com/watch?v=GocckA-DIfA>

his opponent has a very strong C-grip on the strangle arm. And as Andrew threatens to trap the arm, his underhook comes out and immediately starts to push down on the elbow of his opponent. Because the lower this elbow goes, the weaker the C- Shh. Recently, I've been watching a ton of ADCC trials matches and tallying up the submissions. Why are they not allowed to do inventories in Afghanistan? Why? Because of the tally ban. Now, I'm sure a lot of you, just like me, were expecting to see a lot of rear naked choke finishes, but I've been shocked at how many there actually are. Now, I'm still working on compiling the data and getting it in video format for you all. So be sure to subscribe so you don't miss that. And let me know what type of data you'd like to see in the comments down below. But after Andrew Tackett won the latest Combat Jiu-Jitsu event by displaying some beautiful back takes, control, and finishes, I think it's a good opportunity to begin sharpening our skills from the back because it is such a dominant position. Now, when we're looking at this very slick back take by Andrew Tackett, we have to rewind a bit and go back to Eddie Cummings, who made this entry into the legs very popular, where the foot of your outside leg goes to the inside and the foot of your inside leg goes to the outside. And this became known as Wolverine Guard because of Eddie Cummings. And here we see the bottom player playing Wolverine Guard. And Andrew actually steps back into the legs to untangle the Wolverine Guard and put himself basically in headquarters. And from there, he throws strikes, which leads to the back take. So the back take is obviously super impressive, but for the past like six months, I've been focused on guard passing. And this type of very deliberate and precise footwork really stands out and impresses me. And you can see it leads to great results. And if you're interested in seeing my favorite footwork patterns, they're in my instructional down in the description. Now, once we get to the back, I think Andrew does a very good job of getting the cross grip. But if you're like me, once I get the cross grip, I immediately try and trap the arm with my leg. But in my opinion, Andrew does a great job of being patient. He's throwing strikes and threatening the choke to take his opponent's mind off of the arm trap, which eventually happens and leads to the finish. So in this clip, Andrew used the threat of the choke to set up the arm trap. But here we see Andrew doing the opposite and using the arm trap to set up the choke. He gets the cross grip and very quickly threatens to trap the arm. And as his opponent is focused on not getting his arm trapped, Andrew shoots in the choke, but his opponent still has their primary defensive hand in place. If your elbow is high, this C grip is gonna offer great control of the choking arm. But as soon as the elbow is low, suddenly a C grip doesn't make sense. And now a more effective grip might be to use a monkey style grip to grab the thumb. Now, in this scenario, Gordon has both of his hands relatively free and his left elbow is high and his right elbow is low. So that means a C grip with his left hand is gonna be strong. But if that is ever compromised, he can use a strong monkey grip with his right arm. But if we can find a way to keep this secondary hand busy, that means they're gonna have to try and use their primary hand as the monkey grip. And that can be a great opportunity for us to capitalize. And I think Andrew understands this elbow to grip situation And I think Andrew understands this elbow to grip strength relationship extremely well. Because you can see his opponent has a very strong C grip on the strangle arm. And as Andrew threatens to trap the arm, his underhook comes out and immediately starts to push down on the elbow of his opponent. Because the lower this elbow goes, the weaker the C grip. And if the elbow is low, it makes sense for his opponent to try and switch to a monkey grip. But that secondary hand is out of the picture because of the initial arm trap threat. So his opponent tries to switch to the monkey grip with their primary defensive hand. And Andrew takes advantage of that momentary lapse in defense to lock in the strangle. Another interesting hand fight that I've enjoyed recently is from the underhook side and you're threatening a strangle. And ideally your opponent is trying to alleviate the pressure of your body triangle. And you can see we're not even really controlling their primary defensive hand because we want them to use that hand to

address the strangle. And when they do, we take out our underhook and we thread our hand right through the opening and they fall right into a strong finish. Now, from a defensive perspective, a very common escape is the headlock escape where basically you try and windmill your arm around your opponent's head. And ideally you're able to turn back into guard. Now, here we see Martinez who has her back taken doing this classic escape where you take a two-on-one grip on their strangle arm and bring it up and around your head. Now, Kaia does a good job of taking this grip here, which is very similar to the grip Andrew uses, but Andrew was able to get underneath the armpit, which I think is preferred. But either way, I think the goal of each grip is to hold the back long enough to free your arm and reestablish your underhook. And when I say control the back, I mean we can't let them drop that near elbow to the ground. Or bring it around our head to go into that headlock escape. So again, Andrew uses this grip beautifully to prevent Allen's elbow from coming to the mat or from going into that headlock escape. And it gives Andrew the time to free his arm and reestablish the underhook. But Martinez does a beautiful job here of escaping because she initially has that two-on-one grip. But whether or not she completes her escape comes down to this near arm. So what she does is she maintains control of Kaia's wrist with her outside arm. And this prevents Kaia from reestablishing her underhook while Martinez can work to go into her headlock escape. Again, I think the goal of each grip is to free your arm and bring it around your head. Again, here we see Martinez using that two-on-one grip to bring the strangle arm around her head. And then she maintains control with her outside arm as she attempts to slip her inside elbow down to the mat. But that proves to be difficult. So she switches direction and extends her arm to go into the headlock escape. So to summarize this video, when we're attacking from the back, we need a way to break this initial C-grip with our opponent's primary defensive hand. And once we compromise that C-grip, they're gonna try and switch to a monkey grip, which is often not enough to prevent the choke. Now, what we're trying to avoid is when we break the C-grip of the primary defensive hand and their secondary defensive hand comes in as a monkey grip to then reestablish the C-grip from the primary defensive hand. So ideally, we're able to do things to take that C-grip away from our opponent to take that secondary hand out of the picture. Like first, threatening to trap their arm while we shoot in the choke. So the secondary defensive hand is out of the picture and they have to use their primary defensive hand to try and switch from the C-grip to the monkey grip. And we can often take advantage of that little lapse in defense and finish the match. Or their secondary defensive hand will be busy fighting our feet. But our goal is to try and get them to use a monkey grip with their primary defensive hand so we can capitalize and finish the match. And if you're like, dude, what the hell are you even talking about? You should probably go back and watch my three-part series on attacking the back. Because my research has surprised me at how many finishes come from the back. And if you're interested in some other insights I've had during my research, I'm planning on first sharing them through email. So if you're interested, there'll be a free PDF down below outlining my favorite way to pass a knee shield. And that will put you on the email list to be the first to know about any updates or insights I have in the future. Thanks for the support. Leave a fist bump in the comment section if you found this helpful and we'll see you in the next video.