

Metadata: https://www.youtube.com/watch?v=58yqk2dsV_8

One of the most effective arm locks in all of Jiu-Jitsu is Kimura. Here's a variation that I favor above all the others. From a situation where we pull our training partner into closed guard, we're going to come through and lock up what appears to be a triangle. As we lock up the triangle, we lock our legs in what appears to be the wrong way. It's the wrong way for a strangle, but it's the right way to set up Kimura. We elevate our hips so that we can expose our training partner's wrist, and then from here we come out to an angle where I look directly into my training partner's ear. The hands come in, we lock up the figure of four on our training partner's arm. I take his elbow to my armpit, and from this position you have such control of your opponent's head that just in a matter of millimeters, you can get a bone-breaking submission.