

Metadata: https://www.youtube.com/watch?v=THJqrd_V3nw

Now we're going to take a look at a transition where we can go from back to front headlock without moving to the crucifix. So it's as simple as basically positioning my arms in proper positions, very similar to the crucifix entry, the only difference is I stay on my training partner's back and move directly to it. So my training partner is in this position, and what I look to do this time on my training partner's back is I look to pass my arm across before any of the hooks get cleared. So I'm basically in one of these situations on my training partner's back. Now this can happen proactively or reactively. Proactively, I can choose to be in this situation. We do this many times to set up arm locks and all different kinds of things by getting to Kimura's here. Reactively, perhaps my training partner gets into a situation where he clears my arm on one side. When he does this, I grab my own hamstring so that I have control and I start to put him in front headlocking danger. He doesn't even realize it yet. Now I'm going to change angles here so you can see there's a very important detail that I often switch off to when I'm doing this from the back. Now whether I proactively switch or reactively switch to this situation where I eventually grab my hamstring underneath, first of all it's important to recognize there's something a little different than what's going on with crucifix. With crucifix, this arm is trapped by my legs. I can almost completely link my arm around my training partner's neck. In this situation, that is not the case. The arm is free. Recognize that when you put yourself in this situation, you're not necessarily in a high elbow guillotine territory. You have the arm trapped. You're almost in head and arm or katagatame situation. As I start to get into a situation where I prop up to the elbow like last time, he has a little bit more mobility already because he has this arm free. What I'm going to look to do is to take this foot and place it against my training partner's spine. When my training partner goes to try to move and bridge into me, I press against the spine so it's difficult. Another important detail is to back heel strong with my right leg. As my training partner tries to bridge and turn in different directions, it's quite hard. You can maintain control in this position for a period of time. Once again, I recommend following your opponent where he resists the strongest. If he bridges heavily on top of me, I'm going to follow in that direction. If he bridges in the opposite direction, I'll follow him that way. It's completely his choice. Let's start with him bridging into me. As he starts turning into me, I allow this to happen. He keeps turning up. I go into a situation where I clasp my hands like so. Once again, we're back in front headlock situation so there's a number of submissions I can choose from. For the time being, because the arm is across, I'm just going to lock my hands up and I'm going to treat this a lot like a katagatame. What you're going to have a tendency to want to do is to treat it like a guillotine where you're trying to bring his chin to his chest. Because it's katagatame and the arm is across his neck, we have to think about it a little bit differently. We have to think about this in terms of my elbow that's attached to my training partner's neck. It's a clean connection pressing further into the neck. What we're really looking to try to do here is to lock up and pull in a circular fashion my elbow into my opponent's neck for a strong submission hold. I'll do this on the opposite side so we can see. Because there's a clean connection of elbow to neck, I lock up palm to palm and I take that elbow and drag it into my training partner's neck. It's very similar to the same things that we would do if we locked up to a bicep deep grip in a normal katagatame. I rotate and that arm drives right into my training partner's neck for the finish. In this way, we can transfer from the back to front headlock situations. Just to give you an example so you understand what I'm talking about, we can switch to other types of front headlock. We'll discuss that later on in the DVD, but I'll give you an example. Once I move into this situation and I post on my training partner's lower back, I'm going to go the other direction this time and roll with my training partner. Now assuming I start in this position, well that's fine, I'll just do a minor forward shift. My training partner starts to try to pull his elbow out to free his arm and what do I switch to? My hunting elbow. So we have a number of different submissions that are going to open up to us there, but just knowing that that's the pathway, knowing that by grabbing my hamstring I now have path to the front

headlock, it opens me up to an entire different range of submission holds. And that's really what we're looking to demonstrate there. As we get into the front headlocking system, we'll discuss a few more options that you can transfer, but now you at least have a sense of direction. I can go from the back to the front headlock in a very effective, efficient fashion.