

Metadata: <https://www.youtube.com/watch?v=BJjQBon8Sno>

Now I will be teaching the Godoy Choke. It is one of my signatures. I use it a lot in this position. This choke is very famous after the World Master Open Class 16. It works for me. I use it a lot in the Pan Ams. I use it sometimes. It is very nice because it is a very efficient choke and it is very plastic. It is a beautiful choke. I hope you enjoy it. I have different ideas for a restart, but I think we start from the same idea. I am here. Thiago wins the underhook. I change the side. He moves to the back. And he moves to the back. North, south. Never put the knees on the floor. Control the collar. Four fingers inside, thumb out. After control, move your head to this side. Put your head under the belly and control the ankle, the shin, the leg. The first thing you need to do is to put pressure forward for the guy to sit on the floor. When the guy sits on the floor, start to move with your body in this direction, to the back of the guy. Because you need to put your knee on the floor behind the same leg you control with your arm. Now, the most important detail. Move forward and bring the leg of your opponent with your leg. Look. One and two. Now, use your foot to control the leg of your opponent. Sit on the floor and start to put the pressure on the collar. The best idea here is the best position because the guy feels the pressure on the neck and on the body. If you pass and put your back on the floor, of course, it works, but the guy feels just the pressure on the neck. It's not the best idea. The best idea is when the guy stays here, in this position. Because the guy feels the neck, feels the hips, feels the back. Now, the most important thing. When the guy sits on the floor, start to move with your body in this direction, to the back of the guy. Look. One and two. Now, use your foot to control the leg of your opponent.