

Metadata: <https://www.youtube.com/watch?v=4lrRVgg9Sjw>

All right, guys, Ty Kidd here again. I'm gonna be showing you guys one of my favorite submissions. This one is kind of like a front rear naked choke. Kind of interesting. I'm gonna be setting this up off of the north-south choke. I used this a few years ago in the Europeans. I was a kid, maybe 16 years old, and I put my opponent to sleep in about like three or four seconds, right? This is one of the tightest chokes I think you can possibly put somebody in, and it's so effective. So I'm gonna give it a go right now. Go ahead and get down. Yep, just a quick little thing to add on. The reason why we're starting from the north-south choke is because this position, we can use it in a lot of different situations. However, like Ty said, this specific one from the north-south choke, it's almost like a corkscrew motion where it just, for whatever reason, just seems to cinch tighter than a lot of the others. So I definitely think it's the tightest choke you can do. Right, at least that maybe I've experienced. So we're here in side control. I'm gonna bring your head this way. Yeah, perfect. Cool, so we're here in the north-south choke, right guys? For those of you guys who don't even know how to do the north-south choke, we're here in the inside control. I'm gonna bring my hand around my opponent's head, right? And then start to come around towards the north-south, locking my hands together, okay? Now, what I'm gonna do is get my opponent's arm out of the choke, right? Boom. Start to wiggle down. So from here, I have his head, I have his arm on the other side of my body, just a classic north-south choke, right? From here, I'm gonna start to try to finish the choke and deliver some pressure. For those of you guys that have great north-south chokes, once you get here, great, try to finish, boom. For me personally, I have very long arms and the north-south choke is very difficult for me, right? So every time I get here, I lock it up, I try to come, I drop my shoulder, I drop my elbow, and there's times I can get the finish and other times my arms just feel a little long and it's just not the submission for me, right? So in that situation, what I'm gonna do is pull my opponent. I almost wanna bait him and I'm gonna loosen the choke a little bit so he feels like he can turn either direction. Usually they're gonna wanna turn into you, right? So boom, he's turning in, he's turning in, he's away from the north-south choke. What I'm going to do is keep my hands high, the lock high, and get the rear naked choke grip, right? I wanna make it so that the rear naked choke is completely like the opposite of the regular rear naked choke, right? So I wanna be on top of him. So you see how he's almost turned completely? If I can loosen the choke, boom, and get it to where the lock is on the complete outside and my hand is behind his neck. You all right? Sorry. There we go. I almost put him to sleep. All right, boom, right here. Blade of my arm is going into the front of his neck. The lock is coming off the side and the back of my blade of my free arm is coming behind the neck, just like a rear naked choke. And what I'm doing, this pressure is so gnarly. The second I started to squeeze, he's tapping. There's really not much I need to go over once I get there. It's all about the setup. And think of like those hot dogs you see at Target on the hot dog roller. His head's doing the same thing, right? It's inside. I want his head to spin without my body spinning with it, right? So I'm gonna loosen, let his head spin, and then retighten. That's the plan here. So put your head to the other side. I'm gonna do it with my other arm. Here, boom, we got the North-South choke, right? Do you guys need more setups from here? Check it out. We're gonna be in side control. Boom, we can pin this bottom arm, right? And now just reach around. All right, cool, boom. You start to hit this angle. We're trying to North-South choke and it's just not working. It's just not working. Now our opponent's gonna turn, right? Whichever side he turns to. If he turns to this side, then I'm gonna take my hands, the lock, and bring it as high as I can, right? Once I've brought the lock pretty much to the other side of his neck, I'm going to swim my hand deeper, right? Our elbow's pretty much on his shoulder right here, and I'm taking the blade of my arm and following his neck down right here, all right? Grinding along, then you guys should get to the top. If your opponent turns the other direction, even better. We're here in a North-South choke, right? Look, I make my, see, if I'm squeezing from here too tight, he's just gonna stay, right? Squeezing, squeezing. So

maybe squeeze, squeeze, squeeze, try to finish and then make it looser. So he thinks he's finishing or he's escaping. Now I tighten it back up, right? Now we have your naked choke from the front, right? He's starting to turtle. The second I start to squeeze, it's over, right? There's not much you need to do from here. You don't need to pull guard. You don't need to put him on his back. Just make sure that your arm and blade of your arm is right here in the neck, right there in the front of the neck. You don't want it off to the side, right? Do your best to keep it in the front. So now we lock it up. It's such a tight choke. Kind of like an instant tap, really. Do you have anything you want to add? One more time, we'll lower it, go back down in our style. Boom, so like Ty said, I'll go ahead and do it in my right arm. Or it's probably better for the camera to do it in the left. But yeah, like Ty said, off the north-south choke, right? We drop our hips, we're squeezing. For guys with shorter arms, north-south choke is great or a stronger arm, but for whatever reason, like Ty said, and it's not just him, it's me too, it's not my favorite. I get them here and there, but guys tend to do this exact thing and start turning and making the north-south choke ineffective, which makes this choke more effective, right? And like Ty said, it's about loosening up a little bit, giving them false hope that they're at escape, but they're right back into a tighter submission, right? Like Ty said, you don't need to do much from here. You guys can just squeeze and finish. If you guys really want to 100%, if you feel like he's driving, maybe a wrestler trying to get the shot, let him take you down. Sorry. And then just finish it from on your back or from on bottom. But this position, it gets so tight so quick. Yeah, as Ty was doing that first one, I was like tapping. He didn't even have it fully set up yet. He didn't want to let go. I was like going to sleep. I was like, let me out, let me out. But yeah, it's a really good one. It's a really good one.