

Metadata: <https://www.youtube.com/watch?v=HS8gvan0YRI>

All right, so now let's look at one more finishing variation on a collar choke from the Crucifix. It's kind of a classic finish and it works really well in inside the Crucifix. All right, but there is a detail that's going to help out quite a bit with getting it. So once I'm in, basically the finish I'm looking for is going to be the behind the head finish here. All right, this is nice because with my arm being behind here, now Kevin tries to slide down and I'm really trapping him with my arm. All right, that slide down isn't going to work so well. It's sort of the same way I was able to push his head forward with my shoulder, I can now push his head forward with my hand. All right, the main detail here is just going to be the initial getting my arm behind. What a lot of people do is they just bring their arm straight up from the armpit and if Kevin's kind of resisting a little bit, I'm not going to be able to get my arm behind. It's really hard. I don't want to go in the line of his armpit. Okay, that's where he's going to be the strongest, especially if he's resisting a bit. I'm going to need to kind of open and go towards the elbow. Okay, I'm pulling it up at the elbow, not pulling up into the armpit. So now I feel a little resistance and I'm going to be pulling up so Kevin can be resisting me. It's very difficult now for him to stop this from happening. All right, so I'm kind of flaring my elbow open, pulling my hand up at the arm or at the bend of his elbow instead of the armpit, and now I'm going to reach across, push, pull, and there's my choke. Really simple. All right, so you're in. Now if they're reaching up their arms, like kind of like if he's reaching too much for my hands or anything like that, he's going to kind of help me be able to pull this up. I'm kind of going with his arm trying to grab at my hands, but still most guys will feel whenever you reach to come behind their head. If I'm coming at his armpit, he's going to resist me. He's going to put his elbow down. It's hard. He might keep the same pressure and if I just swing this open, now I'm going to be able to pull this up. I'm going to get way more leverage on his arm opening up at the bend of his elbow. Now I'm going to circle back behind his head where I can really push his head into the choke and pull the collar grip. So if you kind of change your angle just a little bit, you'll see once I've got my grip set and whenever I'm ready to go, I'm going to swing my arm open here at the elbow so I can come behind and I'll look to like put the back of my knuckles behind the head and slide it through and almost try to grab my other arm. Now I'm just going to push his head forward with my hand as I pull with my grip and there's my choke. Really nice and easy. Super strong variation. Just make sure you're lifting at the elbow. It's the same thing if I was on his back and I had both hooks in and I want to look for that. If I get my collar grip, I'm not going to just come straight underneath and go behind his head. I'm going to whip it open to the outside angle before I drive my arm in and then I'm going to have a super, super deep choke. you