

Metadata: https://www.youtube.com/watch?v=8MnbV17_s4g

And now we're going to do when you're hitting a buggy choke and you can't quite get the pressure, we can switch. You always want to have a backup plan. So again, we're in this inside buggy choke position. Sorry, I'm just going to switch to the other side. So again, we're in this inside buggy choke position and I come and I get my, uh, my position. But what I'm going to do is I'm going to swim my hand inside and grab his wrist. And we can pull that back and we pull it to our, to get our leg through. We let go. We kind of let his, his head can pass through. We're not trying to isolate anymore. We've tried for the buggy choke and it's just not possible. So we switch and we grab his leg. And now because our knee is already in, when we extend our body, our other leg has room to come right out and switch across his head. At the same time, my foot pulls out of his arm so that I can switch my hips the other way and lock up for the triangle choke. Grab in, pull everything in tight. If he gets immediate posture right away and it's hard to finish that choke, just pop your hips up and really pull that arm for the arm bar. Again, we'll be here. Come in for your buggy choke position. You get your frames. You push the arm across and bring your other leg out and comes across his head, letting go of the other arm. You get your figure four and you pull everything in tight. When he has posture, go for the arm bar. And that's going to be the buggy choke using a triangle at the end.