

Metadata: <https://www.youtube.com/watch?v=wIAVYLB8oXE>

All right so for part number one side controls we discussed the multiple submissions now we're going to go over a Van Vliet choke. Usually what this position, how I get into this position is when I go for a takedown my opponent can't control that much and I get the takedown motion but they still wrap their arms around my neck. So let's demonstrate it so you know what I'm talking about. So we're in this position where I go for a takedown I get the takedown my opponent goes for the neck but I was fast enough to not get guillotine choke, control and I pull my opponent down but he's still holding my neck right. So when we're in this position this is a fairly common position because the opponent he actually has not too much for me but it's very annoying for me to have this around my neck. I have to first get out but you don't need to know. So what I'm doing is I'm trying to get both my opponent's shoulders pinned to the mat again while I keep my right arm inside. So from here it's fairly hard for my opponent to pull his arm out again. Look I'm just pinching my shoulder inwards and my head is going back to this direction so my opponent's arm is very tight and from here both shoulders I'm gonna get to the ground by walking forward. Again what we just discussed the cross-facing right holding the lat or the shoulder this time you can hold the lat and pull my opponent in. This makes a world of difference because when I don't pull in there's so much tension lost. So when I pull in there's way more tension and when I connect my hands via gable grip I can now put tension on his jaw and then to make it even harder for him to breathe what I like to do is I'm on my toes and I'm gonna make a back step almost like this and I put my shoulder into his into his neck area. I'm cutting off the blood supply towards his brains. Some people tap because it's a choke some people tap because it's cutting off the blood on the neck. So again we ended up in this position he's still holding my neck exactly what I want now I'm gonna go in I'm gonna look out cut the lat both shoulders to the ground and now I'm not going to do it from here no I'm gonna connect my hands via gable grip so gable grip is wrist wrist and now hold and shoulder not on the jaw but on the neck. From here I'm gonna be on my toes making a back step and get the tap. So I just want to be clear that when I go for it my shoulder is not on his jaw I can still get it probably from here but I'm on his neck at the arteries in his neck so when I push here by doing the back step what I'm doing is I'm cutting off the blood and it's so hard so much tension try it out for yourself. So here get it look and bringing my arm towards the inside towards his head so his arm is stretched so when you try to pull back right it's fairly hard from here what I'm doing is gable grip shoulders to the ground onto the neck not the jaw onto the neck toes back step and I get the tap. All right so this was the Van Vlugt choke some people know it as the St. Pruijs's choke as well it's uh Owen's St. Pruijs's if I'm not wrong St. Pruijs yeah so you might know it as the St. Pruijs's or the Van Vlugt choke however it's a cool technique try it out you