

Metadata: https://www.youtube.com/watch?v=WsOvsDR_104

I'm sure by this stage you've learned from watching videos or hearing me talk that I put an extraordinary amount of emphasis on good biomechanics in the application of submission holds. There's nothing more tragic than getting close to a submission hold and then watching it run away because of bad mechanics. You did all the wonderful work of setups, entry, controlling your opponent against resistance, but then when finally it came time to actually finish your opponent and make them tap, the mechanics just weren't there. It's my belief that almost all of the common problems associated with applying triangle strangleholds in competition and sparring can be overcome with a good understanding of mechanics. A big, big part of this video will be spent in just understanding what are the precise mechanics needed to overcome resistance in the case of all five of the triangles that we use. In addition to increasing your percentage rate, there's a real intention here on my part. One of the most common problems which I face as a coach is convincing people that their body can perform triangles. There's a widespread belief that triangles are limited to people with long, thin legs and that short-legged people will never have a triangle that's noteworthy. In this video, I'm hoping to change your mind about that, and if our mechanics are well set and well understood, even short-legged people can have a formidable, formidable triangle which your opponents will respect and fear. A large part of what we think are body types determining how successful triangle strangleholds are really has much more to do with mechanics. That's not to say that body type doesn't play a role. Body type always plays a role in every technique in jiu-jitsu. Triangle is no exception. But don't sell yourself short. Short-legged people can be highly, highly effective with a triangle stranglehold. A large part of what determines whether they are or not is going to come down to the mechanics that we spend a lot of time on in this video.