

Metadata: https://www.youtube.com/watch?v=O6XSqejT__Y

So John's gonna be down here, okay? Just so you can understand, he's gonna be sideways and with the forearm on the floor. I'll underhook his arm here. My hand is gonna be in the middle of his back and I go with my hand right here, okay? And grab as a chin strap. Keep the chin strap the whole time. I'll push his back towards the mat again, face towards him, scissor my legs. You see that? My left leg pass under the right leg and now I bring my elbow towards me and I choke. Okay? So that's the choke you're gonna do, but it's gonna start from here. So I'll be here, John, to do shoot. I grab his head and underhook his arm. Okay, and now it's really easy for me to just throw him. Okay, change the angle, throw him to the side and put him down, okay? So again, from the side control, so you can understand better the technique, you can practice a little bit here. So step one, step two. Step three, put his back on the floor. Step four, your scissor legs. And now you close, okay? Your elbow towards your rib, okay? Keep the chin strap the whole time, see? Also, you can go and grab here. So you can grab your hand on your chest right here, okay? And now you can turn and close your elbow as well. But grabbing the chin strap, you torque his face. It's gonna be like a neck crank, but it's more choking than neck crank, okay? So see which one you feel better, grabbing the chin strap or using this chin strap, sorry, or grabbing right here. Very important to keep your forearm under his neck. So I'm here, I shoot, I throw, I turn him. Now, finish it, okay? Very simple. So I'm here, I shoot, throw, underhook him, okay? So bring my hand in the middle of his back, move to the side and toss him to the side. One, two, then he's gonna take, you take him down. Once you're here, you can scissor leg if you want, put all your weight, pushing with your tiptoes against his rib, closing the elbow, okay? It's very simple, really effective. Worst case scenario, if you toss him to the side, the choke doesn't work, you're gonna be on the side control and you have two points if you like to compete or you're gonna be in such a great position. You defend, countering to a nice guillotine or a neck crank choke. Okay, so I'm here, he shoots, underhook, sprawl. Okay, move to the side, my hand goes in the middle of his back. Toss him to the side, turn, okay? Now, finish, all right? See if it's better for you to grab here, choke right here, okay? Again, slow, so I'll be here, okay? I don't do this with my knees on the floor, even though I can do that with my knees on the floor, but I don't like to put my knees on the floor because my opponent can drive and then he can start like putting my back on the floor here. All right? So once you're here, keep your knees off the mat. You circle, and now look, you bring his head towards your rib, you bring his head towards your rib and you push his, this head towards the floor, right here. Okay, once you're here, hand on the floor, seize your legs, choke. If you like to be like this, but as long as you have the weight of your rib and the side of the rib on his chest, you have a great agility and great choke. Okay, let's keep practicing that. It's very simple, really effective, okay? Be careful when you're drilling.