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I want to go over some of the core preliminaries of back control, which will become extremely important as we work our way through the straitjacket system. These will be important even if you weren't using straitjackets, they're just general considerations when you have the rear mounted position and you're interested in working your way through towards the rear naked strangle. They form the conceptual core of working successfully from the back towards the rear naked strangle. The first is the notion of left-right control. If I'm behind someone, it is absolutely critical that I have the ability to control their movement left and right. So often I see athletes control one side of the body, the right side or the left side, but not the other, and as a result it's relatively simple for your opponent to go out and start escaping. Let's start with some preliminary ideas here. The idea that when I work behind my training partner, I will have one arm underneath my opponent's arm and one arm going over the shoulder like so. The danger here is that of course my opponent can start turning inside my arms and when I have my hooks in, I'll be demonstrating that shortly, they can start turning inside my legs. We can never have an opponent who's able to turn because ultimately a turn will create a situation where I'm no longer on my opponent's back and he can fully turn into me. So preventing our opponent from turning left and right is a critical element because if that turn should be sustained, ultimately they'll turn into me and I'll no longer be on their back. So this ability to shut down turning movements left and right is absolutely critical. Once we get behind someone, we have a control hand going underneath and an arm over the top. You will see that if I use my left hand as a control hand, this will prevent my opponent from turning to the right. As he goes to turn to the right, my elbow behind his body restrains him. However, it does absolutely nothing to stop my opponent turning in the other direction. So that would be the direction of his escape. I have two arms here in front of my training partner. It's absolutely critical that I use the elbow on one side in front of his shoulder as an impediment to movement. I can have my hands locked in this position or I can have them open. But one thing doesn't change. My elbow positions. I have an elbow behind him on one side and an elbow in front of his shoulder on the other. If my opponent goes to turn in this direction here, my one-on-one grip makes it difficult. My left hand one-on-one grip prevents my opponent from turning to the right. If my opponent tries to turn to the left, it's my elbow here in his shoulder that makes it difficult for him. So if I have no hooks in, just my arms controlling my opponent, it's absolutely critical that I control him between my two elbows. One elbow is in front of one shoulder. One elbow is behind the other shoulder. And as a result, when he goes to turn in one direction, one elbow will stop him. When he goes to turn in the other, the other elbow will stop him. And he's being controlled between my elbows. The elbows are the focus of your upper body control. Unfortunately, people often misunderstand the control as the locking of the hands. The locking of the hands simply holds my elbows in place. Remember, there's going to come a time when you go to strangle someone, you're going to have to unlock your hands. And you still have to be able to control them. If my hands are locked, I'm no serious threat to my opponent in terms of strangulation. I can control people here all day. But at some point, if I'm going to strangle someone, my hands have to unlock and we have to learn to work with open hands. That's why it's important you understand where the focus of control is. It's in your elbows. One behind your opponent, like so, and one in front at the shoulder. So if I'm interested in strangling someone now and he goes to move around, even though my hands are open, my elbows are still controlling his movement. If I always work with my hands locked, it's hard for me to transition to strangles. At some point, we've got to have the confidence to work with open hands and as he goes to move around, we control him between our elbows. Going further into this, sometimes you'll only have one hand on your opponent. In these cases, we have to learn to control both sides, left and right, through our legs. A very, very important concept here is the concept of diagonal control. We've seen that if our opponent can turn a sufficient distance, he can turn into us and actually get us off the back position. If I have my left

hand controlling his upper body movement, that will make it very difficult for my opponent to turn in this direction as we saw previously. If I have my hook on the same side and only one hook, now it's very, very difficult for my opponent to turn to the right. There's both a hook and a hand controlling him, but it's absurdly easy for him to turn this way and turn into me and eventually escape the back control. It is absolutely critical that if we have one hand on our opponent and one hook in, they'd be on opposite sides. If I have my right hook in and my opponent goes to turn left, it's my right hook that makes it difficult for him. When he goes to turn to the right, it's my left hand that holds him in place. This is the principle of diagonal control. Again, if I have only one hook and one upper body grip, they must be on opposite sides of the body so that movement both left and right is constrained. This is what we call diagonal control, as the control goes through my right leg, up my opponent's right hip, in a diagonal line up to his left shoulder, which is now controlled by the hand. Now, even though I have only one hook in and one hand on my opponent, when he goes to move around, he's constrained on both sides, one side by a leg, the other side by a hand. Whenever we have a situation where we have only one hook on our opponent, it is absolutely critical that we work with this principle of diagonal control. If I have no upper body grips upon my opponent, then the onus is on me to have two hooks in at all times. If I have only one hook in with no upper body control, there's simply no reason why my opponent can't easily turn inside my hooks and turn and face me. So if I work in a situation where I have no effective upper body control, I'm not underneath his arms with either arm, and I'm just like so, for example, over both arms, it is critical that I have two hooks in, in some capacity, whether it be conventional hooks, even better, a body triangle, or what have you. Again, if I have no control hand underneath the arms, then I need hooks controlling both sides of my opponent's lower body. Only then will I be able to stop the turning motions that could make an opponent take me off his back.