

Metadata: https://www.youtube.com/watch?v=X5JIZ_gscPI

I'm going to show you one of the highest percentage submissions in jujitsu, the bow and arrow choke. So from back control, we have our seatbelt control. My hand on the underhook side is going to start opening his lapel towards the shoulder to expose that carotid artery. My hand over the shoulder will start coming with my elbow across, fitting my hand up high inside with my thumb inside the lapel. Now what's cool about this one is you don't have to have a super deep grip on the lapel. You could even be a little bit further down as opposed to the cross collar choke where you have to be really deep. So I'm opening it up, fitting my thumb inside. Now my other hand is coming out from the underhook and I'm making a grip on the pants. Now I want to start bringing my feet off of his hip on the far side. My goal is to continue to draw my head closer and closer to his knee to make a cross body position. As I go cross body, the choke gets tighter and tighter. So as I go to a cross body position, I start to straighten this arm out, which draws my wrist and lapel across the neck, creating the choke. And in order for him to defend this, he's going to need this hand freed up. So I can take that hand away as I make my angle by coming over the shoulder and crossing my feet. Notice that his body is just in my lap right now, sitting on the ground. Okay. I don't want him on top of me. Now I start pulling my head towards the knee and straightening my arm out to finish the choke. Again, starting in back control, I open up that lapel, start fitting my thumb inside, sliding it high and tight. If you're not able to get a super deep grip on it, it's okay. You'll probably still be able to finish it. Then I start grabbing the pants, moving my feet off the hip. As I continue to draw my head towards his knee, I start covering that shoulder by crossing my feet. I sit back and start to straighten my arm out to finish the choke. Let's go from a different angle. Open it up, fit it inside, start grabbing on the pants, feet come off the hip, over the shoulder, and I'm just pulling my head closer and closer towards that knee to a cross body position. So try not to keep your spines aligned. Try to make the cross body position to make that choke nice and tight.