

Notes: John Will Seminar

Friday March 4 2011

Head / Arm choke



- Static (Anaconda choke) – Head to Head, work on their elbow at ground level (max leverage), move their elbow across centre line, feed under their neck, grab own bicep, close free hand on their lats, drop - where is by taking leg to floor



- Rolling – as above, they roll, hip bump them over, walk stomach to stomach, both parties 90 degrees to floor



- D'Arce choke perfect – they are in hip escaped position, top arm extended; feed under arm-pit, bicep, close free hand along their spine, sag back bodyweight on their upper arm

- Side control escape to D'Arce choke perfect – as above from side control escape

- Shackle grip tweak – as above; use shackle grip to control their head movement ----- john called this a "figure 4" to tweak the position, the shackle grip was from the over hook in hooks guard.

- Head to Head rollover – judo chop; hang on their neck; feed under armpit, gable grip to "chop" hand, roll them over their far shoulder – D'Arce finish



- Hooks – over-hook, sit out, stuff their post hand to shackle grip, reset square; sweep to D'Arce choke perfect



- Head Arm rollover from Head to Head – run off the line, roll to D'Arce choke perfect – tight / loose / tight



- Guillotine – head to head, best grip for Guillotine finish, knee slide their hip, keeping weight on their shoulder blade, step up on other leg; knee slide leg now moves shin under their belly, other leg over their lower back; apply Guillotine finish – get their nose to through their chest – “slice off their head ”



- Guillotine from Back Control – one hook in, post fist to mat diagonal opposite side of their head, slide off to allow knee / shin under their belly (as above) – finish `em !

- The brabo/D'Arce counter and the counter to the counter:

counter by locking arm between legs, counter the counter by using your knee to break the arm free

