

KNEE CUT North South Choke

From open guard, step in with left foot setting the pass.



Begin to gain side control position by under hooking and then over hooking his head with your top hand around the back of his head to help pull you into position.



Once in side control, hold him down with paper cutter grip which sets up the top hand over hook for the north south set up.



KNEE CUT NORTH SOUTH CHOKE

The ultimate setup is **DEEP** over hooking his head to set the north south choke



and then sprawling on the same side as choke arm to compress the neck for the submission.

To finish the move, scoot back away from his head,



press his outside arm down and turn your body to get the finish while on your hip into the choke arm.