

## Wire Choke

From top side control, pull your gi out, gi side away from his head and shake it

to help get it loose. The gi tip is in the palm of your hand and he does not see what you are doing. The gi tip is placed in the palm of your right hand.



Your opponent is pushing on your neck trying to make space for a side control escape, you shoot your right hand in like a spear under his forearm on your neck close to his bicep.



You then grab, improve the grip with your left hand that is under his neck, thereby switching hands. This is

the key setup in this move. Once you grab with your left hand, pull your left hand tight into his neck making sure the collar of your gi is under his neck on the side of his neck.

### Wire choke



Now take your right hand that is free and place on his outside right hip on the mat to prevent him from spinning around like a dog chasing his tail.

Move your right knee and place it where your top left knee was and post your now left foot on the mat just beyond his head. This is the second key to the move where you can push off your left foot to create pushing/choking power.

Now take your head and place it where your right hand is, on the outside of his right hip and extend towards his toes. The more you extend towards his toes the faster the choke.

### SPECIAL TIP:

Kai and I were drilling this move and he discovered that if you have a little slack in your gi lapel when you pass your lapel from your right hand to your left hand under his neck, you can bring your head further past his hip where your right hand is and it turns into a blood flow choke instead of a neck crank. Big guys, tough guys might be able to withstand a neck crank but nobody can hold out on a blood flow choke. Thank you Kai and this is what drilling and training with a great partner does...it improves your game.

