

Overview

This might be the most important video seminar you ever watch in your life! Captured live at Gracie University Headquarters in front of audience of over 250 eager students, Ryron and Rener teach 16 simple and highly effective chokes that are exclusively designed to be applied using regular articles of clothing. Whether you're just getting started in jiu-jitsu, or you are a seasoned practitioner, when it comes to maximizing your choke seizing potential in a street fight, this is the first and last seminar you'll need!

With regard to self-defense training, one of the most common and controversial questions in jiu-jitsu is: gi or no-gi? Many argue that the gi is more realistic for self-defense since it factors in the grips that may occur on street clothing, while others argue that no-gi is more realistic since no-one wears a gi on the streets. In this seminar, not only do Ryron and Rener prove that the gi is, in fact, more "street" than no-gi, but they make the very strong case that a t-shirt is the most "chokeable" article of clothing there is. In other words, by the time you're done with this seminar, we guarantee that, if given the choice, you would rather your street fight opponent be wearing a t-shirt than any other article of clothing, including a gi!

Ryron and Rener begin with several chokes that can be applied on a hooded sweatshirt, and then they transition into a wide range of easy and highly effective ways you can use a t-shirt to choke someone, including several brand new variations that have never been taught anywhere, ever! They end with a robust demonstration and discussion in which they showcase modifications of all the techniques for application on other types of garments including jackets/blazers, button-up shirts, and tank tops. Enjoy!

1. Hood Rope – Cross Choke (Guard)

- Indicator: Opponent is in your closed guard and you wish to cross choke them using the hood.
- Essential Detail: Your grips on the hood are no more than one fist-width apart.
- Most Common Mistake: Failing to hold close and incorporate back muscles in the choke.

2. Hood Rope – Triangle Choke (Guard)

- Indicator: Opponent is in your closed guard, and you wish to establish Stage 1.5 by taking advantage of the hood as an anchor for increased posture control.
- Essential Detail: Shrimp out to insert knee more effectively.
- Most Common Mistake: Weak body and head control during the setup steps.

3. Hood Rope – Cross Choke (Mount)

- Indicator: Your opponent is wearing a hoodie, and you wish to use it against them.
- Essential Detail: Keep your grips on the hood one fist width apart.
- Most Common Mistake: Too much distance between your chest and your partner's chest.

4. Hood Rope – Ezekiel Choke (Mount)

- Indicator: You're able to pull your opponent's hood to the front of their neck.
- Essential Detail: Work your wrist under the chin while securing the hood grip.
- Most Common Mistake: Improper control of the defender's arm during the choke.

5. Hood Rope – Lapel Choke (Back Mount)

- Indicator: Opponent is wearing a hoodie and you've achieved back mount.
- Essential Detail: Deep grip with the choking hand on the hood.
- Most Common Mistake: Improper use/positioning of the support hand.

Alternate Finishes**1. Hood Rope – Bow & Arrow Choke (Back Mount)**

- Indicator: Opponent hides the armpit during the lapel choke.
- Essential Detail: Securing the leg during the choke.
- Most Common Mistake: Too much slack with the choking grip.

2. Hood Rope – One-Handed Choke (Back Mount)

- Indicator: You are wearing a hoodie from the back mount.
- Essential Detail: Deep grip with the choking hand on your own hood.
- Most Common Mistake: Improper use/positioning of your legs for control.

6. Hood Rope – Baseball Choke (Side Mount)

- Indicator: Opponent's wearing a hoodie and you've got side mount.
- Essential Detail: Efficient hand entry methods and solid grips on the hood.
- Most Common Mistake: Improper positioning of the forearms after the spin.

7. Back Rope – Cross Choke (Guard)

- Indicator: Opponent is in your guard, wearing a t-shirt.
- Essential Detail: Gather enough fabric to create a strong "back rope."
- Most Common Mistake: Gripping the back rope with your grips too far apart.

8. Back Rope – Ezekiel Choke (Guard)

- Indicator: Opponent is in your guard, wearing a t-shirt.
- Essential Detail: Work your wrist under the back rope and shift under the chin.
- Most Common Mistake: Improper arm positioning across the throat.

9. Front Rope – Ezekiel Choke (Back Mount)

- Indicator: You're able to bundle your opponent's t-shirt into a front rope.
- Essential Detail: Work your wrist under the front rope and shift behind their neck.
- Most Common Mistake: Improper positioning of your threaded arm under your opponent's armpit.

10. Shoulder Rope – Ezekiel Choke (Guard)

- Indicator: You're able to bundle your opponent's t-shirt sleeve into a shoulder rope.
- Essential Detail: Work your wrist under the shoulder rope and shift under their chin.
- Most Common Mistake: Improper arm shift across the throat.

Alternate Variation**1. Shoulder Rope – Triangle Choke (Guard)**

- Indicator: Opponent is in your closed guard, and you wish to establish Stage 1.5 by taking advantage of the t-shirt sleeve for increased posture control.
- Essential Detail: Shrimp out to insert knee more effectively.
- Most Common Mistake: Weak body and head control during the setup steps.

11. Shoulder Rope – Ezekiel Choke (Mount)

- Indicator: Opponent is wearing a t-shirt and they're in your guard.
- Essential Detail: Work your wrist through the shoulder rope and shift under their chin.
- Most Common Mistake: Improper arm shift across the throat.

12. Shoulder Rope – Lapel Choke (Back Mount)

- Indicator: You're able to create a shoulder rope out of your opponent's short sleeve t-shirt.
- Essential Detail: Pull the shoulder rope to make it flush to the opponent's neck.
- Most Common Mistake: Weak wrist bend.

Alternate Finish**1. Shoulder Rope – Ezekiel Choke (Back Mount)**

- Indicator: You're able to create a shoulder rope out of your opponent's t-shirt.
- Essential Detail: Work your wrist under the shoulder rope and shift under their chin.
- Most Common Mistake: Improper arm shift across the throat.

13. Shoulder Rope – Baseball Choke (Side Mount)

- Indicator: Opponent's escapes are neutralized and you seek to attack from side mount.
- Essential Detail: Efficient hand entry methods and solid grips on the shoulder rope.
- Most Common Mistake: Improper positioning of the forearms after the spin.

14. Bonus Variations

- Blazer Variations: Standard gi chokes all apply.
- Button-up Shirt: Standard gi chokes all apply including the "nutcracker choke."
- Tank Top: Front and back ropes are fully applicable, but the shoulder rope needs to be modified to compensate for the extra slack in the garment.

Final Philosophy

Gi is more street than no-gi, and t-shirt is more gi than gi! We spend years mastering chokes in jiu-jitsu, and now they're 100% applicable in a street fight due to your understanding of the "rope mastery" concepts of the Street Choke seminar. Congratulations and if you ever need to use of these chokes in real life, we can't wait to hear about it!