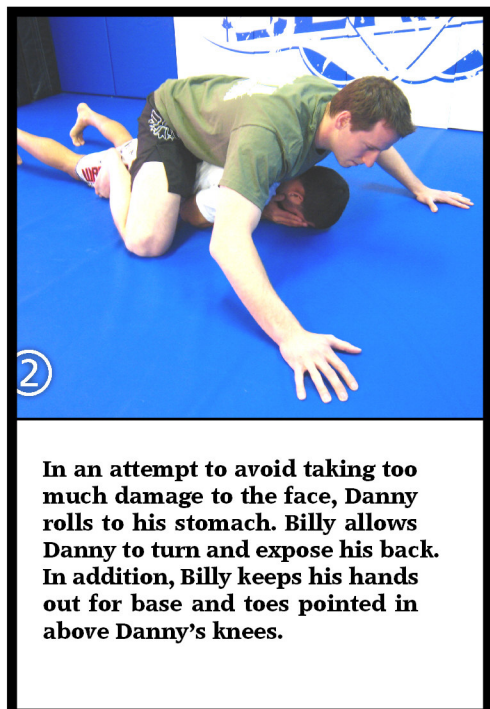
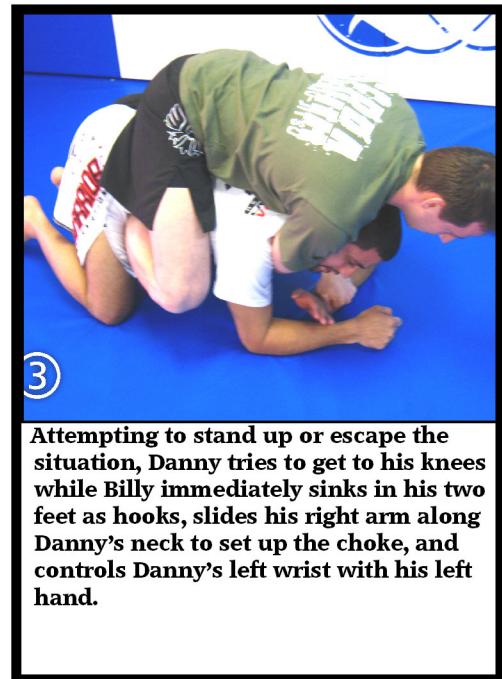


On The Mat with Danny Valle and Billy Hofaker of Serra Jitsu

This monthly column features Serra BJJ head instructors Danny Valle and Billy Hofaker. In this issue, Danny (white shirt) and Billy (green shirt) demonstrate a rear naked choke from the back mount position. For more info on Serra BJJ, check out www.serrajitsu.com.



Monthly Techniques Column



4
Billy begins to flatten his pelvis to the floor with his right arm placed properly for the forthcoming choke.



6
To complete the choke, Billy grabs his own left biceps with his right hand and hides his left hand behind Danny's head. From here, Billy simply squeezes his elbows together for the finishing choke.



5
With Danny flattened out and the choke already sunk in, an escape at this point is very difficult.

We hope you have enjoyed this month's technique. Be sure to pick up next month's issue to learn more about Brazilian Jiu-Jitsu.



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