

Armlocks Judo Masterclass Techniques

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A perfectly timed Judo foot sweep is a thing of beauty, but one can't deny the extreme effectiveness of a good old fashioned blast double leg takedown! There are multiple variations on the basic double leg, but most of them contain the common elements o

The 16 Most Important Techniques for the BJJ Beginner ...

The Clock Choke against the turtle position is a classic attack that you find both in Jiu-Jitsu and in Judo. In an effective Clock Choke you first get a grip on the far collar with your wrist going across your opponent's throat. Then you use your body to pin your opponent and to generate pressure on the neck to obtain the submission.

37 Powerful BJJ Submissions for Grapplers - Grapplearts

Les techniques de sambo sont très nombreuses (plus de 5 000 prises) ... Russian Judo : judo masterclass techniques, Londres, Ippon Books, 1999, 92 p. (ISBN 1-874572-46-1). (en) Neil Adams, Armlocks : judo masterclass techniques, ...

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