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## 85 Armlocks For Jujitsu Judo Sambo And

"Championship Sambo: Submission Holds and Groundfighting", Steve Scott teaches you 85 essential armlocks for jujitsu, judo, sambo and mixed martial arts. The armlocks taught in this Encyclopedia apply to gi and no-gi combat sports, allowing you to use them in a wide variety of situations, including self-defence and street applications.

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It has 85 entries to 4 primary arm locks (cross-body, straight, bent [which includes up and down, aka keylock and kimura] and armpit). Plenty of Gi and NoGi applications A whole chapter on 'The Core Skills of Armlocks', which includes an overview of the four primary armlocks and subsections on

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making armlocks instinctive, common sense about submitting, and controlling the position.

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Well, the book does not cover 85 armlocks. It covers 4 primary armlocks. Here's an excerpt from page 17:... THE FOUR PRIMAY ARMLOCKS There are four primary armlocks that are used in every style of submission grappling on this plant. They are: The Cross-body Armlock (Juji Gatame) The Bent Armlock (Ude Garami) The Straight Armlock (Ude Gatame)

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An armlock in grappling is a single or double joint lock that hyperextends, hyperflexes or hyperrotates the elbow joint or shoulder joint. An armlock that hyperflexes or hyperrotates the shoulder joint is referred to as a shoulder lock, and an armlock that hyperextends the elbow joint is called an armbar. Depending on the joint flexibility of a person, armlocks that hyperrotate the shoulder ...

*Armlock - Wikipedia*

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