

# Basic Grappling Submissions



Guard Armlock



Guard Butterfly Armlock



Double Armlock



Overhook Armlock



Mar Lock



Triangle Choke



Eye to Neck Triangle



Triangle Shoulderlock



Defense Counter Triangle



Kimura from Guard



Lariat



Traditional Guillotine



Head and Arm Guillotine



Omoplata



Armlock Variation



Reverse Armlock



Keylock



Wristlock



Side Kimura



Side Shoulder Lock



Step Over Armlock



Opposite Armlock



Consolidated Armlock



Triangle Hold in Armlock



Side Head and Arm Triangle



Half Guard Straight Armlock



Half Guard Armlock



Top Half Guard Armlock



Lockdown Head and Arm Choke



Mounted Keylock



Shoulder Lock



Mount Triangle



Mount Triangle Armlock



North South Choke



North South Head and Arm



Rear Naked Choke



One Handed Choke



Triangle from Back

# Grappling Training Guide

**JE Gale**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Grappling Training Guide:**

## **Grappling Training Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Grappling Training Guide**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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