

# MASTERING TRIANGLE CHOKES



★★ Neil's guard game is one of the best in the world.

He can find a way to triangle anyone. I've never seen anything like it. ★★

—Vitor Belfort

★★ Neil's guard system is the closest to unstoppable I've ever seen.

It's a blessing to work under him. ★★

—Michael Chandler

## NEIL MELANSON

*with MARSHAL CARPER & LANCE FREIMUTH*



# Mastering Triangle Chokes Ground Marshal Submission Grappling

**Steve Scott**





## **Mastering Triangle Chokes Ground Marshal Submission Grappling:**

Mastering Triangle Chokes Neil Melanson, 2013-11-19 In Mastering Triangle Chokes Neil Melanson takes you deep into the grappling rabbit hole and teaches you how to apply the devastating triangle choke submission in virtually any scenario from your guard Unlike other grappling instructional manuals Mastering Triangle Chokes is not a random compilation of techniques It is a detailed system that teaches you how to capitalize on your opponent's body position and direction of movement It gives you a chess like strategy for anticipating your opponent's counters allowing you to remain two steps ahead and shut down all possible escape routes With more than 2 000 color photos and descriptive narrative Mastering Triangle Chokes is the most complete tome ever written on the art of the triangle choke      **Triangle Chokes** Steve Scott, 2014 A grappler's legs are a powerful tool and the Triangle Choke has proven to be the best way to use the legs when it comes to strangling an opponent in any kind of fight In this book Steve Scott explores and analyses what makes a successful triangle choke Going beyond the basics he covers many of the applications and variations that make this one of the most successful and functional strangling techniques used in any fighting sport This comprehensive reference to choking and strangling an opponent with the legs begins with a look at the origins and components of the triangle choke Then Coach Scott takes you through dozens of applications and variations presenting the triangle choke from four distinct yet common situational positions Easily find the approaches that work best from your favourite grappling positions including triangle chokes that start from the bottom guard in front of an opponent the top or back ride position or a pin Each triangle choke is explained in detail and illustrated with step by step photos Triangle Chokes wraps up with a look at prevention defence and escapes to keep an opponent from using this powerful technique against you      *The Grappler's Book of Strangles and Chokes* Steve Scott, 2007 In *The Grappler's Book of Strangles and Chokes* Steve Scott makes it easy to learn the most effective and popular chokes and strangles of modern grappling For those new to grappling he begins with the basics of gaining control including the key points of controlling your opponent's body by controlling his neck Then he teaches you over a hundred chokes and strangles organized into four broad categories naked strangles and chokes trap chokes and strangles label strangles and chokes and triangle chokes and strangles Coach Scott wraps up with effective defenses you can use to prevent your opponent from applying a choke or strangle to you This book is a comprehensive in depth look at chokes and strangles that really work in gi and no gi combat sports allowing you to use them in a wide variety of situations including self defense and street applications Every set up application variation and defense has been used successfully in all levels of competitive judo submission grappling sport jujitsu and mixed martial arts A skillfully applied choke strangle or sleeper hold will take even the biggest toughest opponent Like they say What you see is what you get And what you get is a book on some of the most effective ways of strangling opponents in any form of personal or sport combat      When the Fight Goes to the Ground Lori O'Connell, 2013-02-12 This instructional Brazilian Jiu Jitsu book DVD combo offers a complete guide to ground fighting



principles and techniques to use when the fight goes to the ground In a street defense scenario the ground is a dangerous place to be While it s a good idea to learn defensive strategies for ground fighting actively it is important to put those skills into the context of how you want to use them Whether you re an experienced submission grappling competitor a traditional martial artist training in a stand up striking style or law enforcement professional Ground Defense provides you with an essential system of self protection for street oriented ground scenarios When the Fight Goes to the Ground establishes the risks and hazards of various ground defense scenarios presenting effective strategies for neutralizing and minimizing them You will learn a wide range of tools for defense including the targeting of vital areas body shifting control techniques and the concept of weapons of opportunity All of these techniques are easy to learn and apply providing an adaptable skill set for anyone regardless of size strength or gender These tools are then shown in various combinations with examples of how to use them against specific types of attacks including simple hold downs ground and pound submission grappling pins chokes arm locks leg locks knife attacks and multiple assailant scenarios In addition this martial arts book gives you useful training suggestions and regimens addressing graduated skill development challenges presented by different body types and safety practices at all levels of training

Chin Na Fa Jinsheng Liu,Jiang Zhao,2007-07-10 First published in 1936 this work represents primary source material of ancient combat techniques designed in a time of occupation and war when the threat of lethal hand to hand combat was an ever present reality for soldiers those involved in law enforcement and very often for the ordinary citizen This is the seminal work in the field written by the form s founders Liu Jinsheng and Zhao Jiang as a training manual for the Police Academy of Zheijiang province The intent of this translation is to provide authentic historical documentation for martial arts techniques that have been modified for use today in both competition and self defense Submission grappling is a technique in which fighters use locks chokes and breaking techniques to defeat their challengers in no holds barred matches Chi Na Fa remains the most comprehensive explanation available of these Chinese grappling techniques from which derive many current techniques Renowned author and Brazillian jiu jitsu champion Tim Cartmell presents the book in a clear compelling new translation

*Ground Fighting Techniques: Mastering the Art of Submission* Pasquale De Marco,2025-04-06 In a world where strength and skill collide there exists a martial art that transcends physical prowess and delves into the realm of mastery jiu jitsu Ground Fighting Techniques Mastering the Art of Submission embarks on an enthralling journey unveiling the intricacies of this captivating discipline and empowering you to unlock your true potential Within these pages you will discover a comprehensive guide that meticulously dissects the fundamental principles of jiu jitsu arming you with the knowledge to navigate the complex world of grappling From the art of leverage and balance to the dynamics of momentum and timing this guide transforms you into a formidable force on the mat capable of overcoming opponents regardless of size or strength Beyond the physical techniques this book delves into the mental and spiritual aspects of jiu jitsu exploring the profound impact it can have on your life It cultivates discipline perseverance and focus



forging an unbreakable spirit that transcends the confines of the dojo As you progress through this guide you will discover the transformative power of jiu jitsu empowering you with self confidence resilience and a newfound sense of empowerment Crafted to cater to practitioners of all levels this guide provides a systematic approach that lays a solid foundation for beginners while challenging experienced grapplers to elevate their abilities to new heights With its engaging writing style and in depth explanations this book becomes your trusted companion on your martial arts odyssey illuminating the path towards achieving your aspirations and becoming a master of your own destiny As you embark on this journey you will not only acquire a comprehensive understanding of jiu jitsu techniques but also gain a profound appreciation for its rich history and enduring legacy This guide serves as a testament to the transformative power of martial arts showcasing how jiu jitsu transcends the realm of physical combat and becomes a way of life empowering you to unlock your full potential and achieve greatness If you like this book write a review *Grappling and Submission Grappling* Daniel E. Harmon,2012-07-15

Grappling and submission grappling moves are fundamental in many MMA forms especially in Brazilian Jiu Jitsu Generally they are focused in the clinch and ground ranges with the goal of defeating an opposing fighter through use of submission holds In this exciting book contact sports fans learn about the discipline physical health and mental health aspects of MMA The inspiring story of Eddie Chong and his influence on the recovery of a grandmaster that had been terminally injured in a series of competitions is also included Readers discover that grappling moves are rooted in the most ancient forms of wrestling and how they are used to force an opponent into submission without striking Besides training and basic grappling moves the text includes an overview of grappling competitions and regulations Andre Galvao Fedor Emelianenko Kenny Florian Antonio Rodrigo Nogueira and Randy Couture are celebrated athletes and are profiled in this volume Vivid step by step photos of the grappling and submission moves including clinch single leg and double leg takedowns fireman s carry hip throw into armbar and broom sweeps enliven the informative text **Ground Fighting Techniques to Destroy Your**

**Enemy** Sam Fury,Shumona Mallick,2014-06-28 Note How to Street Fight by Sam Fury contains all the information in this book plus a whole lot more Discover the Methods and Techniques to Make You Unstoppable in Any Ground Fight Even if you have ZERO experience this book will teach you how using only the best proven techniques that work including The best ground positions to dominate you opponent How to establish and maintain these positions How to apply and escape from the so called game finishers Also includes A straight forward strategic guide Easy to follow step by step instructions that anyone can follow Simple and clear pictures This minimalist fighting system is adaptable for MMA BJJ Street Fighting etc Dominate your opponents every time Get your copy of **Ground Fighting Techniques to Destroy Your Enemy** today **Ground Fighting Techniques to Destroy Your Enemy** Sam Fury,2019-08-01 Teach Yourself to Ground Fight In this no nonsense ground fighting book you will learn the most useful grappling techniques and strategies Easily adaptable for Mixed Martial Arts Brazilian Jiu Jitsu street fighting or any other ground fight Discover how you can dominate any ground fight because these



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**Grappling**, Grappling and submission grappling moves are fundamental in many MMA forms especially in Brazilian Jiu Jitsu Generally they are focused in the clinch and ground ranges with the goal of defeating an opposing fighter through use of submission holds In this exciting book contact sports fans learn about the discipline physical health and mental health aspects of MMA The inspiring story of Eddie Chong and his influence on the recovery of a grandmaster that had been terminally injured in a series of competitions is also included Readers discover that grappling moves are rooted in the most ancient forms of wrestling and how they are used to force an opponent into submission without striking Besides training and basic grappling moves the text includes an overview of grappling competitions and regulations Andre Galvao Fedor Emelianenko Kenny Florian Antonio Rodrigo Nogueira and Randy Couture are celebrated athletes and are profiled in this volume Vivid step by step photos of the grappling and submission moves including clinch single leg and double leg takedowns fireman's carry hip throw into armbar and broom sweeps enliven the informative text *Mixed Martial Arts: Analyses of Techniques and Usage* Michael DeMarco, M.A., et al., 2015-10-23 In retrospect all martial arts are mixed but MMA has taken on a mystique of its own in the newest wave of combative experimentation This book presents an encompassing perspective of this phenomenon in eight chapters written by experts in the field In their individual chapters they provide analyses of the techniques utilized during many of the leading competitive events mainly the Ultimate Fighting Championships UFC and give practical how to instruction This book pulls together some of the best writings published in the Journal of Asian Martial Arts regarding modern mixed martial arts Daniele Bolelli uses a scholarly approach to produce two excellent chapters as does Rhadi Ferguson with his two chapters Bolelli provides a superb overview by analyzing 176 matches that took place between 1993 and 1999 under the UFC umbrella He also highlights the different ways in which grappling techniques are currently used in mixed martial arts competition While utilizing a comprehensive approach Dr Ferguson zeros in on armbar and chokehold submissions to conclude just how often these were utilized in 1 263 UFC bouts His works here can assist mixed



martial arts professionals with analytical information to help them in training practices and winning strategies What do the analyses show Well one thing is that all the techniques used are found in many old martial traditions Some techniques are extremely old Certainly cavemen used chokes Many are from the previous millennium as hinted by the numerous Japanese terms used since the samurai sipped sake Fundamental techniques are discussed by Andrew Zerling and Steve Scott Four other chapters provide insightful text and the photographic detail to present the theory and practice of the major techniques utilized by mixed martial artists chokes armlocks and leg locks Zerling offers three chapters with the precious help of his teacher Renzo Gracie Scott's chapter is a highly detailed piece on the cross body armlock giving four primary applications all will appreciate as vital to MMA practice The eight chapters are filled with analytical text helpful for the pursuit of combat expertise There is enough here to find of great value But there is more In the chapters you'll also find perspective and insight that illuminate what is occurring in the evolution of MMA competition Read closely and you'll see that beneath the hype changing competitive rules and dollar amounts play a role in the outcome of championship belts and competitive crowns We need to factor these aspects into our quest to understand the rich variety of martial traditions

**Tap Out Textbook** Steve Scott, 2009 Learn how to make your opponent tap out in virtually any situation This guide is packed with hundreds of armlocks chokes and leglocks that you can use to make any opponent tap out This book offers hardcore serious practical instruction on submitting an opponent in a wide variety of grappling and fighting situations Whether you are a submission grappler judo or jujitsu athlete or MMA fighter you will learn armlocks chokes and leglocks from start to finish in both no gi and gi situations Plus you will get variations alternate finishes and escapes so no matter what your opponent throws at you you will be ready Steve Scott shares the same training tips technical expertise and tactical advice that he has used to train over 200 national and international champions in grappling sports This book is like having your own world class coach with you every time you step on the mat The book is divided into 3 massive sections SECTION ONE ARMLOCKS This section features the four primary armlocks including the cross body armlock the bent armlock the armpit lock and the straight armlock In some cases shoulder joint locks are also shown when relevant to an armlock There are many breakdowns set ups variations combination techniques and applications of armlocks in this section SECTION TWO CHOKES STRANGLES This section emphasises strangles and chokes aimed directed against the carotid arteries on the sides of the neck as well as against the trachea windpipe and front of the check and throat In some cases neck cranks and shoulder locks are also shown when relevant to a choking technique A wide variety of ways to break down an opponent roll an opponent into a choke flatten out an opponent for a choke or apply chokes from a variety of positions SECTION THREE LEGLOCKS This section includes all submission techniques directed toward the lower body including the ankles knees legs and hips A large number of toeholds and ankle locks are featured Both straight and bent knee leglocks are shown in this section as well The use of position breaking an opponent down set ups rolling techniques to gain momentum and controlling your opponent are



featured



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