

# 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

**Albert A Gayle**

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:**

## Adopting the Track of Phrase: An Emotional Symphony within **Grappling Training Guide**

In a global used by displays and the ceaseless chatter of quick connection, the melodic splendor and psychological symphony created by the written term usually fade into the background, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, situated within the pages of **Grappling Training Guide** an enchanting literary treasure filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts readers on a mental journey, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this touching analysis, we will investigate the book is key harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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