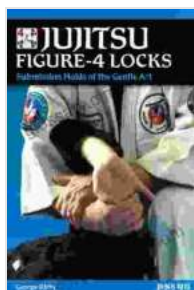


Submission Holds of the Gentle Art: A Comprehensive Guide to Mastering Armlocks, Wristlocks, and Other Submission Holds

Submission Holds of the Gentle Art is the definitive guide to mastering the art of submission holds. This book provides a comprehensive overview of all the major submission holds, including armlocks, wristlocks, chokes, and leg locks. With step-by-step instructions and clear photographs, Submission Holds of the Gentle Art will help you to develop the skills and knowledge you need to dominate your opponents on the mat.



Jujitsu Figure-4 Locks: Submission Holds of the Gentle Art by George Kirby

★★★★☆ 4.6 out of 5

Language : English
File size : 18291 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 194 pages
Lending : Enabled



What is a Submission Hold?

A submission hold is a grappling technique that forces your opponent to submit, either by tapping out or verbally conceding defeat. Submission holds are an essential part of Brazilian jiu-jitsu, wrestling, judo, and other

grappling arts. They can be used to end a fight quickly and decisively, or to control your opponent and force them to make a mistake.

The Different Types of Submission Holds

There are many different types of submission holds, each with its own unique set of mechanics. The most common types of submission holds include:

- **Armlocks:** Armlocks apply pressure to the elbow joint, forcing your opponent to tap out due to pain or injury.
- **Wristlocks:** Wristlocks apply pressure to the wrist joint, forcing your opponent to tap out due to pain or injury.
- **Chokes:** Chokes apply pressure to the neck, cutting off blood flow to the brain and forcing your opponent to tap out due to unconsciousness.
- **Leg locks:** Leg locks apply pressure to the knee or ankle joint, forcing your opponent to tap out due to pain or injury.

How to Master Submission Holds

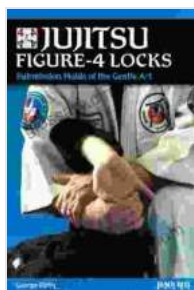
Mastering submission holds takes time and practice. The best way to learn is to find a qualified instructor who can teach you the proper techniques. Once you have mastered the basics, you can begin to practice with your training partners. With regular practice, you will develop the skills and knowledge you need to dominate your opponents on the mat.

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- Armlocks
- Wristlocks
- Chokes
- Leg locks

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