

The Armlock Encyclopedia 85 Armlocks For Jujitsu Judo Sambo And Mixed Martial Arts

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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 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 ...

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