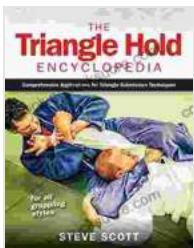


Comprehensive Applications For Triangle Submission Techniques For All Grappling

The triangle choke is a powerful and versatile submission hold that can be applied from a variety of positions. It is a favorite of grapplers of all levels, from beginners to world champions. In this article, we will discuss the different applications of the triangle choke, including how to set it up, how to finish it, and how to defend against it.



The Triangle Hold Encyclopedia: Comprehensive Applications for Triangle Submission Techniques for All Grappling Styles by Steve Scott

★★★★★ 5 out of 5

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Screen Reader : Supported
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How to Set Up the Triangle Choke

The triangle choke can be set up from a variety of positions, but the most common is from the top position. To set up the triangle choke from the top position, you will need to:

1. Get your opponent into a seated position.

2. Step forward with your right leg and place your right foot on your opponent's right hip.
3. Step back with your left leg and place your left foot on your opponent's left hip.
4. Reach your arms around your opponent's neck and clasp your hands together.
5. Pull your opponent towards you and squeeze your legs together.

How to Finish the Triangle Choke

Once you have set up the triangle choke, you can finish it by squeezing your legs together and pulling your opponent towards you. You can also use your arms to help you squeeze your legs together. If your opponent tries to escape, you can use your legs to trap their arms and prevent them from moving.

How to Defend Against the Triangle Choke

There are a number of ways to defend against the triangle choke. One way is to prevent your opponent from getting into the position to set up the choke. You can do this by keeping your distance and not allowing your opponent to get close to you. If your opponent does get into the position to set up the choke, you can try to escape by:

1. Pushing your opponent's hips away with your feet.
2. Pulling your arms out of your opponent's reach.
3. Rolling out of the choke.

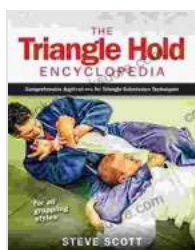
Triangle Choke Variations

There are a number of different variations of the triangle choke. Some of the most common variations include:

- The arm-in triangle choke
- The reverse triangle choke
- The guillotine triangle choke
- The double triangle choke

Each of these variations has its own unique advantages and disadvantages. The arm-in triangle choke, for example, is a more powerful submission than the basic triangle choke, but it is also more difficult to set up. The reverse triangle choke, on the other hand, is easier to set up than the basic triangle choke, but it is not as powerful.

The triangle choke is a powerful and versatile submission hold that can be applied from a variety of positions. It is a favorite of grapplers of all levels, from beginners to world champions. In this article, we have discussed the different applications of the triangle choke, including how to set it up, how to finish it, and how to defend against it. We have also discussed some of the most common variations of the triangle choke. By understanding the different applications of the triangle choke, you can improve your grappling skills and become a more effective grappler.



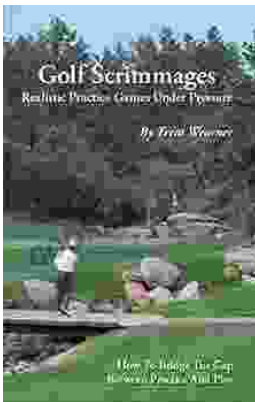
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