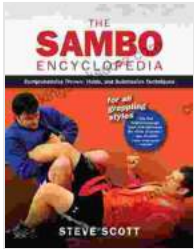


Comprehensive Throws, Holds, and Submission Techniques for All Grappling Styles



The Sambo Encyclopedia: Comprehensive Throws, Holds, and Submission Techniques For All Grappling Styles by Steve Scott

★★★★☆ 4.7 out of 5

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Grappling is a form of martial arts that involves using techniques such as throws, holds, and submissions to control and defeat an opponent. There are many different grappling styles, each with its own unique set of techniques. Some of the most popular grappling styles include Brazilian jiu-jitsu, wrestling, judo, and sambo.

This article will provide a comprehensive overview of various throws, holds, and submission techniques used in different grappling styles. We will cover basic techniques as well as more advanced moves. Whether you are a beginner or an experienced grappler, this article will have something for you.

Throws

Throws are a fundamental part of grappling. They allow you to take your opponent down to the ground, where you can control them and apply submission techniques. There are many different types of throws, each with its own unique setup and execution.

Some of the most common throws include:

* **Single-leg takedown:** This is a basic throw that involves grabbing one of your opponent's legs and pulling them to the ground. * **Double-leg takedown:** This is a more powerful throw that involves grabbing both of your opponent's legs and pulling them to the ground. * **Hip throw:** This is a throw that involves using your hips to lift your opponent off the ground and throw them over your back. * **Shoulder throw:** This is a throw that involves using your shoulder to lift your opponent off the ground and throw them over your head.

Throws can be very effective in grappling, but they can also be difficult to master. It takes practice to learn how to set up and execute throws properly. However, once you have mastered a few basic throws, you will be able to take your opponents down to the ground with ease.

Holds

Holds are another important part of grappling. They allow you to control your opponent on the ground and prevent them from escaping or attacking you. There are many different types of holds, each with its own unique purpose and application.

Some of the most common holds include:

* **Guard:** This is a position where you are lying on your back with your legs wrapped around your opponent's waist. The guard is a very defensive position that allows you to control your opponent and prevent them from passing your legs. * **Mount:** This is a position where you are sitting on your opponent's chest with your legs wrapped around their waist. The mount is a very dominant position that allows you to attack your opponent with punches, elbows, and submissions. * **Back mount:** This is a position where you are sitting on your opponent's back with your legs wrapped around their waist. The back mount is a very dangerous position that allows you to apply submission techniques such as the rear-naked choke and the armbar. * **Side control:** This is a position where you are lying on your side with your opponent lying on their side next to you. Side control is a good position for controlling your opponent and setting up submissions.

Holds are essential for grappling. They allow you to control your opponent and prevent them from attacking you. Once you have mastered a few basic holds, you will be able to control your opponents on the ground with ease.

Submissions

Submissions are the ultimate goal of grappling. They are techniques that allow you to force your opponent to submit, or give up. There are many different types of submissions, each with its own unique setup and execution.

Some of the most common submissions include:

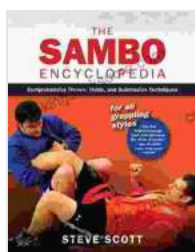
* **Chokes:** Chokes are submissions that involve applying pressure to your opponent's neck, causing them to lose consciousness. Some of the most common chokes include the rear-naked choke, the guillotine choke, and

the triangle choke. * **Joint locks:** Joint locks are submissions that involve applying pressure to your opponent's joints, causing them to tap out. Some of the most common joint locks include the armbar, the kimura, and the kneebar. * **Compression locks:** Compression locks are submissions that involve applying pressure to your opponent's body, causing them to submit. Some of the most common compression locks include the neck crank and the arm triangle.

Submissions are very effective in grappling, but they can also be dangerous. It is important to learn how to apply submissions properly to avoid injuring your opponent. However, once you have mastered a few basic submissions, you will be able to force your opponents to submit with ease.

Throws, holds, and submission techniques are the foundation of grappling. By mastering these techniques, you will be able to control your opponents, take them down to the ground, and force them to submit. Whether you are a beginner or an experienced grappler, this article has provided you with a comprehensive overview of the most important techniques used in grappling.

Practice these techniques regularly and you will be well on your way to becoming a successful grappler.



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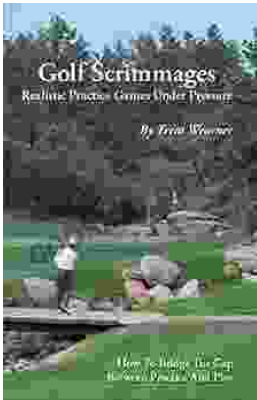
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