



Armlock Encyclopedia: 85 Armlocks for Jujitsu, Judo, Sambo & Mixed Martial Arts

Steve Scott

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In a follow-up to his popular Championship Sambo: Submission Holds and Groundfighting, Steve Scott teaches you 85 essential armlocks for jujitsu, judo, sambo and mixed martial arts. The armlocks taught in the Armlock Encyclopedia apply to gi and no-gi combat sports, allowing you to use them in a wide variety of situations, including self-defense and street applications. Steve Scott makes it easy to learn the most effective and popular armlocks of modern grappling sports by organizing them into four broad categories: the cross-body armlock, the bent armlock, the straight armlock and the armpit lock. In addition to teaching how to set-up and apply each of the locks, he shows you how to defend against common armlocks, fight from both the mount and guard, lever your opponent's arm free for an attack and vary your grip for maximum power. For those new to grappling, you'll also learn the core skills of applying armlocks, controlling position, and training smart plus a glossary of grappling terms and a Rules of the Room guide to common sense rules on the mat.



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