

MASTERING TRIANGLE CHOKES GROUND MARSHAL SUBMISSION PDF

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Wed, 11 Jul 2018 01:10:00 GMT - Upholding the premise that most of the advantage of a larger, stronger opponent comes from superior reach and more powerful strikes, both of which are mitigated when grappling on the ground, Brazilian jiu-jitsu emphasizes getting an opponent to the ground in order to use ground fighting techniques and submission holds involving joint-locks and chokeholds.

Brazilian jiu-jitsu - Wikipedia -

Tue, 10 Jul 2018 02:59:00 GMT - Renzo Gracie (/ ɛ̃ˈ h ɛ̃ˈ n z o ɛ̃ˈ ɛ̃ˈ ɛ̃ˈ r ˈ ãː s i ɛ̃ˈ