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"Championship Sambo: Submission Holds
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you 85 essential armlocks for jujitsu, judo,
sambo and mixed martial arts. The armlocks

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taught in this Encyclopedia apply to gi and no-gi combat sports, allowing you to use them in a wide variety of situations, including self-defence and street applications.

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It has 85 entries to 4 primary arm locks
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An armlock in grappling is a single or

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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

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