

Basic Grappling Submissions



Guard Armlock



Guard Reverse Armlock



Double Armlock



Overhook Armlock



Heel Hook



Triangle Choke



Foot to Neck Triangle



Triangle Shoulderlock



Defense Counter Triangle



Kimura from Guard



Lariat



Traditional Guillotine



Head and Arm Guillotine



Omoplata



Armlock Variation



Reverse Armlock



Keylock



Wristlock



Side Kimura



Side Shoulder Lock



Step Over Armlock



Opposite Armlock



Consolidated Armlock



Triangle Hold to Armlock



Side Head and Arm Triangle



Half Guard Straight Armlock



Half Guard Armlock



Top Half Guard Armlock



Lockdown Head and Arm Choke



Mounted Keylock



Shoulder Lock



Mount Triangle



Mount Triangle Armlock



North South Choke



North South Head and Arm



Rear Naked Choke



One Handed Choke



Triangle from Back

Grappling Training Guide

Ying Liu



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