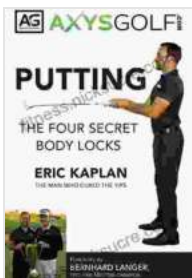


Putting The Four Secret Body Locks: A Comprehensive Guide to Controlling Your Opponent in Grappling

Body locks are one of the most powerful and versatile techniques in grappling. They can be used to control your opponent, take them down, or submit them. In this article, we will discuss the four secret body locks and how to use them effectively in grappling.

1. The Cross-Body Ride

The cross-body ride is a body lock that is used to control your opponent from the top position. To perform the cross-body ride, you will first need to get your opponent on their back. Once they are on their back, you will need to cross their body with your legs, hooking your feet behind their legs. You will then need to grab their head with your arms, and pull them close to your body. The cross-body ride is a very effective way to control your opponent, as it prevents them from moving or escaping.



Putting: The Four Secret Body Locks by Eric Kaplan

★★★★☆ 4.2 out of 5

Language : English

File size : 8727 KB

Screen Reader : Supported

Print length : 141 pages

Lending : Enabled

FREE

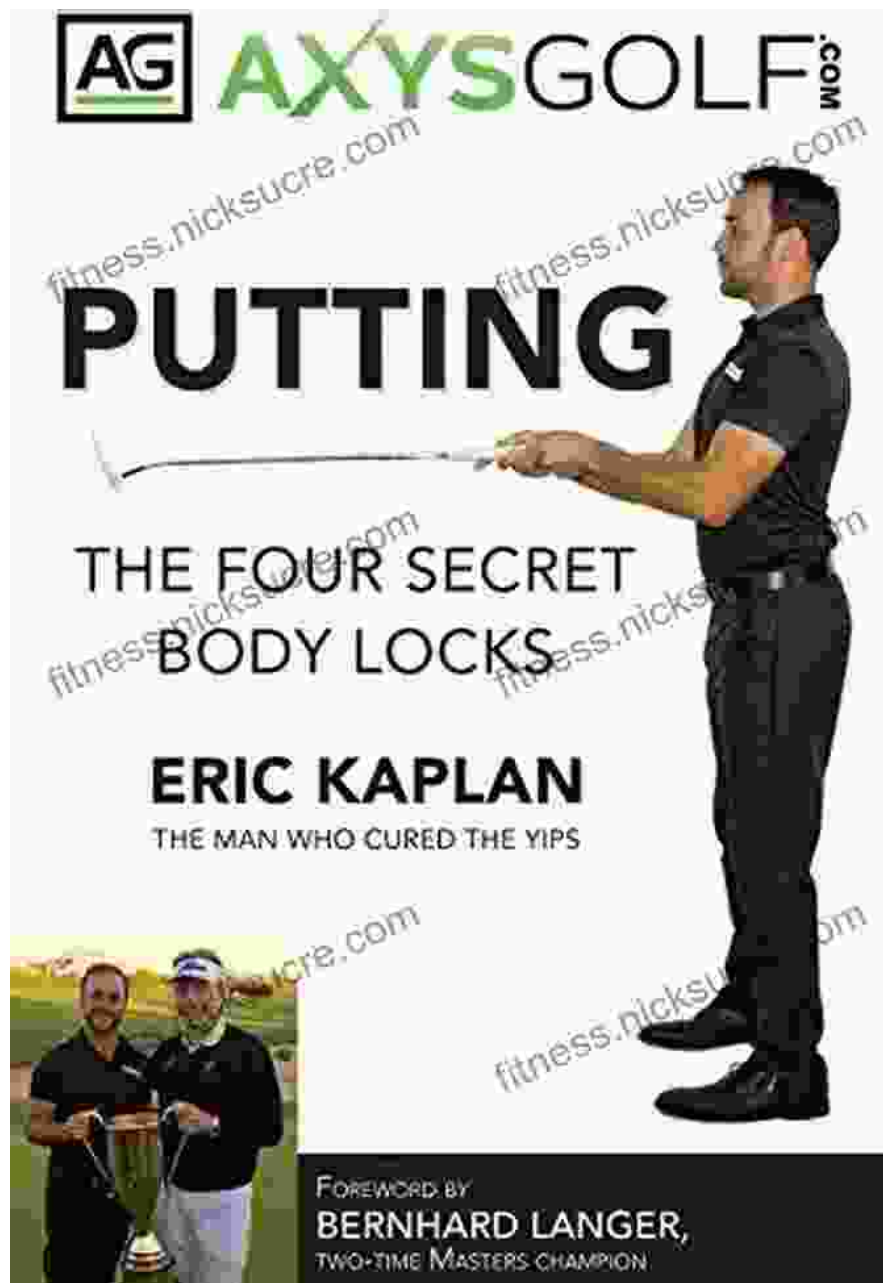
DOWNLOAD E-BOOK





2. The Guillotine

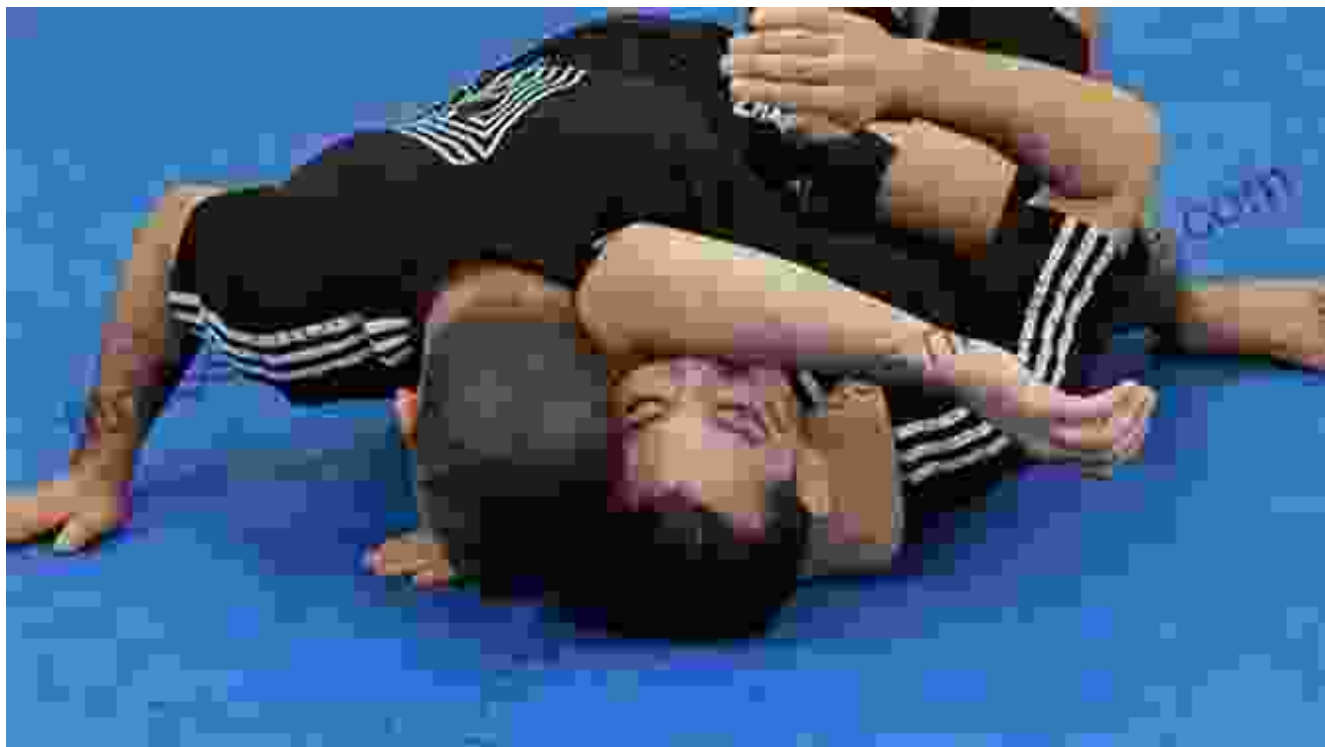
The guillotine is a body lock that is used to choke your opponent. To perform the guillotine, you will first need to get your opponent in a standing position. Once they are standing, you will need to wrap your arms around their neck, and pull them close to your body. You will then need to grab their head with your hands, and squeeze your arms together. The guillotine is a very effective choke, as it can quickly cut off your opponent's air supply.



3. The Arm Triangle

The arm triangle is a body lock that is used to submit your opponent. To perform the arm triangle, you will first need to get your opponent on their back. Once they are on their back, you will need to wrap your arms around their neck, and pull them close to your body. You will then need to grab their arm with your hands, and bring it across their body. You will then need

to squeeze your arms together, and apply pressure to your opponent's arm. The arm triangle is a very effective submission, as it can quickly force your opponent to tap out.

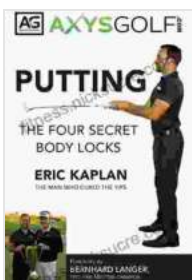


4. The D'Arce Choke

The D'Arce choke is a body lock that is used to choke your opponent. To perform the D'Arce choke, you will first need to get your opponent in a standing position. Once they are standing, you will need to wrap your arms around their neck, and pull them close to your body. You will then need to grab their head with your hands, and squeeze your arms together. The D'Arce choke is a very effective choke, as it can quickly cut off your opponent's air supply.



Body locks are a powerful and versatile technique in grappling. They can be used to control your opponent, take them down, or submit them. In this article, we have discussed the four secret body locks and how to use them effectively in grappling. By mastering these techniques, you will be well on your way to becoming a more successful grappler.



Putting: The Four Secret Body Locks by Eric Kaplan

★★★★☆ 4.2 out of 5

Language : English

File size : 8727 KB

Screen Reader : Supported

Print length : 141 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK





Reflections For Your Heart and Soul: A Journey of Self-Discovery and Healing

In the depths of our hearts, we hold a wellspring of wisdom and resilience. Reflections For Your Heart and Soul invites you on a transformative...



The Heroines Club: Empowering Mothers and Daughters

The Heroines Club is a mother daughter empowerment circle that provides a supportive and empowering environment for mothers and daughters to...