



Tap Out Textbook: The Ultimate Guide to Sumissions for Grappling

Steve Scott

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Tap Out Textbook: The Ultimate Guide to Submissions for Grappling

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If you make your opponent tap out, he'll never forgive you and never forget you! Tap Out Textbook: The Ultimate Guide to Submissions for Grappling is packed with hundreds of armlocks, chokes and leglocks that you can use to make any opponent tap out. This book offers hardcore, serious and practical instruction on submitting your opponent in a wide variety of grappling and fighting situations. Whether you're a submission grappler, judo or jujitsu athlete or MMA fighter, this book will improve your armlocks, chokes and leglocks. Learn each submission technique from start to finish in both no gi and gi situations. Plus you'll get variations, alternate finishes and escapes so no matter what your opponent throws at you, you'll be ready. Author Steve Scott has over 40 years experience as a coach and athlete in judo, sambo, sport jujitsu and submission grappling. In this comprehensive training guide, he shares the same training tips, technical expertise and tactical advice that he has used to train 3 World Sambo Champions and over 200 national and international champions in grappling sports. Written in clear, concise language with over a thousand photographs, Tap Out Textbook: The Ultimate Guide to Submissions for Grappling is like having your own world-class coach with you every time you step on the mat.



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