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I think BJJ's focus on chokes over leg locks at the beginning I've have trained with several Brazilian Jiu Jitsu instructors and Gokor Leglock Encyclopedia DVD

## **Joint locks - black belt**

Joint locks manipulate wrists, jujutsu, judo and Brazilianjiu-jitsu, force an opponent/attacker into a submissive, Brazilian Jiu-Jitsu Leg Attack

## **Leglock - wikipedia, the free encyclopedia**

A leglock is a joint lock that is directed at joints of the leg such as the ankle, knee or hip joint. A leglock which is directed at joints in the foot is sometimes

## **Rigan machado 50/50 counter ankle lock thing -**

Nov 20, 2012 so as I mention in the video Rigan Machado has a great 50/50 counter in his Leglock Encyclopedia so as I mention in the video Rigan Machado has

## **Bjj & mma - blitz martial arts magazine**

BJJ & MMA : Results 7 - 12 of 12 bible on BJJ the best-selling book The Encyclopedia of Brazilian Jiu-Jitsu leg locks are a major component

## **Mckg | photos and dates of erik paulson csw uk**

Seminars Erik Paulson CSW Black Belt in Brazilian Jiu-Jitsu Black Belt of submission holds and is recognized as a virtual encyclopedia of leg locks.

## **Rigan machado (author of encyclopedia of**

Rigan Machado is the author of Encyclopedia of Brazilian Jiu-Jitsu Encyclopedia of Brazilian Jiu-Jitsu: Volume 1 by Rigan Machado, Encyclopedia of Leg Locks

## **Trident academy mixed martial arts - northern**

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I am a big fan of Rigan Machado. his "Master Brazilian Jiu Jitsu in greater detail from his book Encyclopedia of Leg Locks (Encyclopedia of Brazilian Jiu

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## **Triangle choke - wikipedia, the free encyclopedia**

Brazilian jiu-jitsu.) In the film Abduction, The Triangle by Rigan Machado with David Meyer (2004) ISBN 0-9754768-0-7; See also Edit. Arm triangle choke;

## **Roy harris | bjj heroes: the jiu jitsu**

According to Roy Harris, his leg and After achieving the black belt status in Brazilian jiu jitsu, Roy Harris continued (Rigan Machado) 1998; Roy Harris

## **"cobra in the grass" - leg lock, view 1 - youtube**

Feb 16, 2010 I used to get the "Cobra in The Grass" Leg lock as show to get the "Cobra in The Grass" Leg lock as show on page 60 of Encyclopedia

## **Encyclopedia of leg locks : rigan machado :**

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### **Brazilian jiu- jitsu - wikipedia, the free**

Brazilian jiu-jitsu (/ d Spinal locks and cervical locks are completely forbidden from Gi Jiu Jitsu, amateur MMA, Rigan Machado;

### **Sitemap | northwest fighting arts**

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### **Mashpedia - about rigan machado**

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### **Jean jacques machado | bjj heroes: the jiu jitsu**

following his older brother Rigan Machado who came to the country before any competitions in the Brazilian Jiu Jitsu scene for a single leg).

### **Amazon.com: leglock encyclopedia: gokor**

Aside from Gokor's horrible English (he is this way in person, too), the leg locks in this series is awesome. It is extremely viable and I would recommend it to

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