



Grappling and Submission Grappling (Mixed Martial Arts (Rosen))

Daniel E Harmon

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Grappling and submission grappling moves are fundamental in many MMA forms, especially in Brazilian Jiu-Jitsu. Generally, they are focused in the clinch and ground ranges with the goal of defeating an opposing fighter through use of submission holds. In this exciting book, contact sports fans learn about the discipline, physical health, and mental health aspects of MMA. The inspiring story of Eddie Chong and his influence on the recovery of a grandmaster that had been terminally injured in a series of competitions is also included. Readers discover that grappling moves are rooted in the most ancient forms of wrestling and how they are used to force an opponent into submission without striking. Besides training and basic grappling moves, the text includes an overview of grappling competitions and regulations. Andre Galvao, Fedor Emelianenko, Kenny Florian, Antonio Rodrigo Nogueira, and Randy Couture are celebrated athletes, and are profiled in this volume. Vivid step-by-step photos of the grappling and submission moves, including clinch, single-leg and double-leg takedowns, firemans carry, hip throw into armbar, and broom sweeps, enliven the informative text.

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