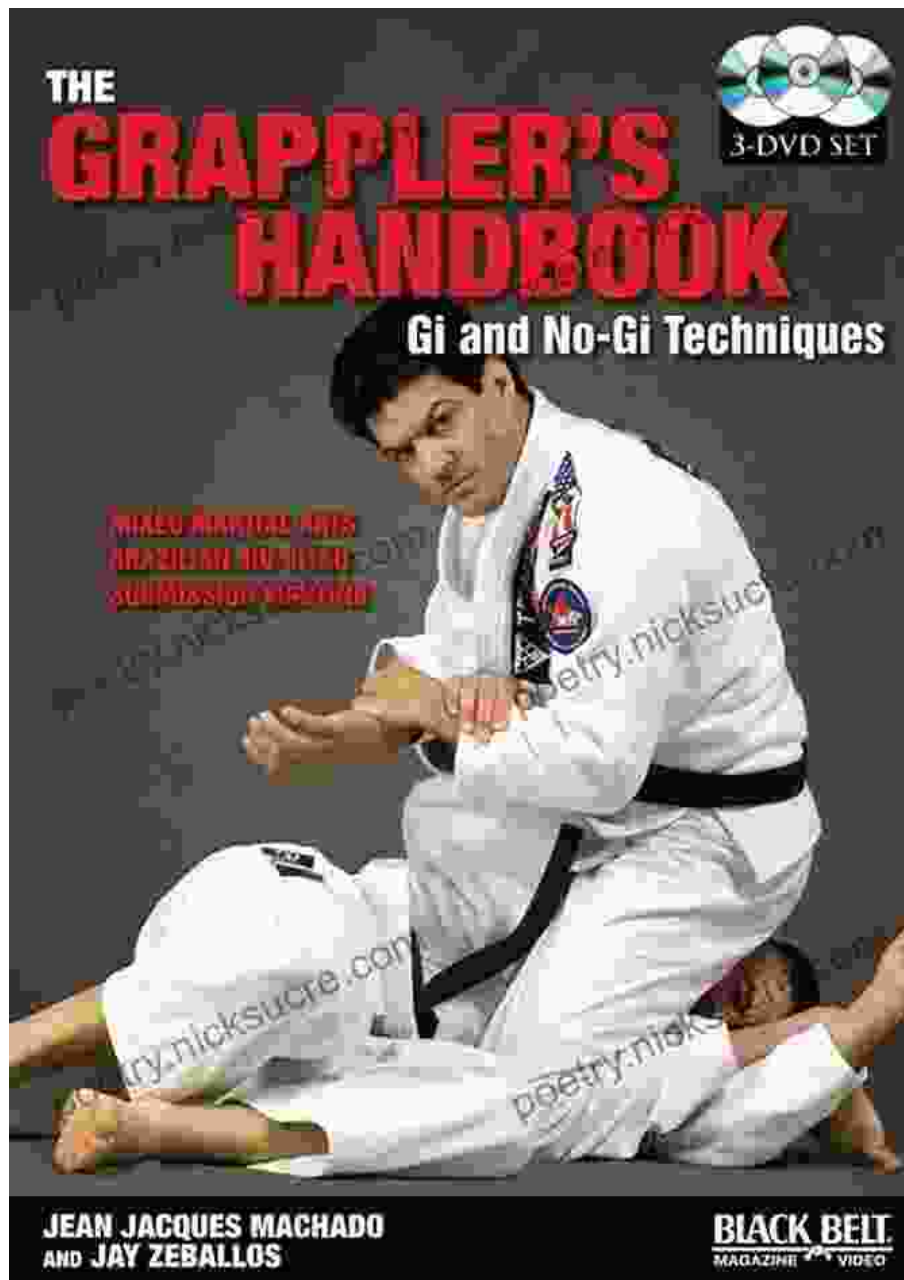
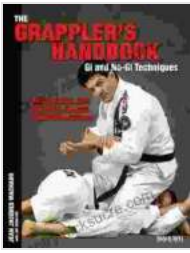


The Grappler's Handbook: A Comprehensive Guide to Gi and No-Gi Techniques



Grappling is a martial art that involves using holds, locks, and throws to take down and submit an opponent. It is a challenging and rewarding art that can be used for self-defense, competition, and fitness.



The Grappler's Handbook Gi and No-Gi Techniques

by Peter Wacht

★★★★☆ 4.5 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 833 pages
Lending : Enabled
File size : 17414 KB
Screen Reader : Supported



The Grappler's Handbook is a comprehensive guide to the art of grappling, covering both gi and no-gi techniques. Written by a team of experienced grapplers, this book provides a wealth of information on the most effective techniques for takedowns, submissions, and escapes.

Whether you're a beginner or a seasoned grappler, The Grappler's Handbook is an essential resource for anyone looking to improve their skills.

Gi Techniques

The gi is a traditional Japanese garment that is worn by grapplers. Gi techniques involve using the gi to control your opponent and to execute submissions.

Some of the most common gi techniques include:

- Collar chokes

- Sleeve chokes
- Lapel chokes
- Wristlocks
- Armbars
- Kimuras
- Triangle chokes
- Omoplatas

No-Gi Techniques

No-gi grappling is a style of grappling that is practiced without the use of a gi. No-gi techniques are typically more focused on grappling than gi techniques, and they often involve a greater use of wrestling and submission holds.

Some of the most common no-gi techniques include:

- Double-leg takedowns
- Single-leg takedowns
- Hip throws
- Guillotines
- Rear-naked chokes
- Arm triangles
- Leg locks
- Ankle locks

Takedowns

Takedowns are a fundamental technique in grappling. They allow you to take your opponent to the ground, where you can control them and execute submissions.

There are many different types of takedowns, including:

- Single-leg takedowns
- Double-leg takedowns
- Hip throws
- Arm drags
- Leg sweeps

Submissions

Submissions are techniques that force your opponent to submit, or tap out.

There are many different types of submissions, including:

- Chokes
- Armbars
- Kimuras
- Triangle chokes
- Omoplatas
- Leg locks
- Ankle locks

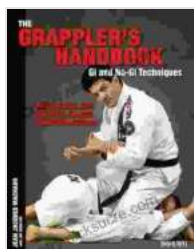
Escapes

Escapes are techniques that allow you to escape from your opponent's holds and submissions. There are many different types of escapes, including:

- Bridging
- Shrimping
- Rolling
- Stacking
- Frame escapes

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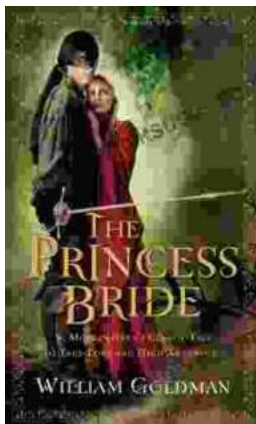
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