



Juji Gatame Encyclopedia

Steve Scott

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Juji Gatame, the cross-body armlock, is the most popular armlock in the world. It has been used in a wide variety of martial arts and combat sports for years. The Juji Gatame Encyclopedia is a comprehensive, systematic and realistic study of the cross-body armlock. The skills demonstrated in this book have been used, and continue to be used, by athletes at all levels of competition in every combat sport that allows joint locks. The Juji Gatame Encyclopedia is the first book to examine, analyze, catalogue and systematically present this armlock. While the Cross-body Armlock is quite simple in concept, its execution is complex. Author Steve Scott has put together an extensive collection of Juji Gatame applications and variations, drawing on his decades of experience in Judo, Sambo and other forms of submission grappling. At over 400 pages, with thousands of detailed photos, this book is a comprehensive and thought-provoking examination of Juji Gatame that will be a reliable training reference for years to come.

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