

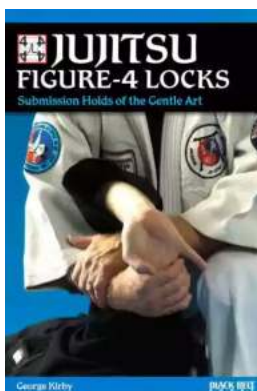
The Ultimate Guide to Submission Holds of the Gentle Art - Unleashing the Power of Grappling

Submission holds are the cornerstone of Brazilian Jiu-Jitsu (BJJ), also known as the Gentle Art. It is a grappling martial art that emphasizes ground fighting and leverage to defeat opponents, regardless of their size or strength.

In BJJ, submission holds can make or break a match. These techniques allow one practitioner to force their opponent into a position of complete surrender or risk severe injury. With countless techniques available, this article will explore some of the most effective and popular submission holds used in the Gentle Art.

The Rear Naked Choke

The Rear Naked Choke is perhaps one of the most iconic submission holds in BJJ. It involves wrapping both arms around the opponent's neck and applying pressure to the carotid arteries, causing them to go unconscious if not immediately submitted. This technique is widely used in both competition and self-defense scenarios.



Jujitsu Figure-4 Locks: Submission Holds of the Gentle Art by George Kirby (Kindle Edition)

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While the Rear Naked Choke seems simple, mastering it requires precise positioning and technique. The key is to secure a strong grip with both hands, fully cutting off the blood flow to the brain. With practice, this submission hold becomes a potent tool in a BJJ practitioner's arsenal.

The Armbar

The Armbar is another commonly used submission hold in BJJ. It targets the opponent's elbow joint, hyperextending it by leveraging the legs and hips. This joint lock causes immense pain and forces the opponent into submission to prevent major injury.

To execute an armbar, the practitioner must control their opponent's arm while positioning themselves perpendicular to it. By using their legs and hips, they create an immense amount of torque on the elbow joint. With proper technique, the practitioner can apply enough pressure to elicit a tap or potentially break their opponent's arm if not immediately submitted.

The Triangle Choke

The Triangle Choke is a submission hold that involves trapping the opponent's head and arm between the practitioner's legs, forming a triangle shape. By applying pressure to the opponent's carotid arteries, this technique causes them to quickly lose consciousness or submit to avoid passing out.

Mastering the Triangle Choke requires versatility and adaptability. It can be executed from various positions, including top control, guard, or during

transitions. The ability to quickly recognize an opening for a Triangle Choke and execute it with precision is a crucial skill for any BJJ practitioner.

The Guillotine Choke

The Guillotine Choke is a powerful submission hold that targets the opponent's neck and windpipe. It can be applied from multiple positions, such as standing or on the ground, making it a versatile technique in BJJ.

When properly applied, the Guillotine Choke restricts the opponent's ability to breathe, causing discomfort and forcing them to submit. This technique is especially effective against opponents who attempt takedowns or leave their neck vulnerable. By quickly capitalizing on these opportunities, a BJJ practitioner can secure a victory.

The Kimura Lock

The Kimura Lock is a submission hold designed to isolate and control the opponent's shoulder joint. It involves applying leverage to the arm, causing intense pain and forcing them into submission.

A skilled BJJ practitioner can set up the Kimura Lock from various positions, such as side control or guard. By immobilizing the opponent's shoulder and utilizing precise technique, they can apply enough pressure to the joint to elicit a submission or potentially cause injury if not tapped in time.

The Omoplata

The Omoplata is a versatile submission hold that targets the opponent's shoulder joint. It involves utilizing the legs to control the opponent's arm and shoulder, applying pressure to force them into submission.

This technique can be executed from multiple positions, making it a valuable asset in a BJJ practitioner's arsenal. By isolating the opponent's shoulder and applying steady pressure, the Omoplata can elicit a tap or put significant strain on the joint, potentially leading to injury if not immediately submitted.

The Importance of Submission Holds in BJJ

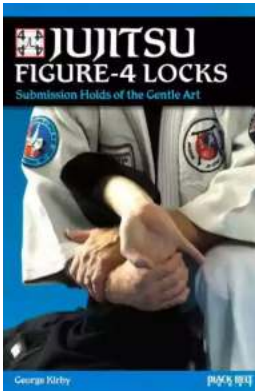
In the Gentle Art of Brazilian Jiu-Jitsu, submission holds are at the core of the discipline. These techniques allow practitioners to neutralize opponents regardless of their size, strength, or skill level. By mastering various submission holds, BJJ enthusiasts can become highly effective and dangerous grapplers.

It's important to remember that while submission holds are effective, they should be practiced safely and with proper control. In training scenarios, practitioners should always prioritize their partner's well-being and tap early when caught in a submission hold to avoid injuries.

Submission holds are the essence of BJJ, empowering practitioners to overcome opponents regardless of physical attributes. The Rear Naked Choke, Armbar, Triangle Choke, Guillotine Choke, Kimura Lock, and Omoplata are just a few of the numerous submission holds available in the Gentle Art.

By dedicating time and effort to master these techniques, BJJ practitioners can enhance their skills and become formidable grapplers. However, it is essential to practice submission holds responsibly, prioritizing safety and the well-being of training partners. With dedication and proper training, the power of submission holds can be harnessed in the ultimate pursuit of mastering the Gentle Art of Brazilian Jiu-Jitsu.

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“Studying a martial art is more than a five-step learning process; it is a life sequence.” – George Kirby

American Ju-Jitsu Association co-founder and jujitsu pioneer George Kirby takes the next step forward with his new book *Jujitsu Figure-4 Locks: Submission Holds of the Gentle Art*. As a continuation of his series from Black Belt Books, George Kirby continues to document the evolution of jujitsu techniques for readers of all skill levels. Having explored jujitsu techniques thoroughly, George Kirby now focuses on the essential principles of jujitsu’s most effective techniques: the figure-4 lock and its variations.

Jujitsu Figure-4 Locks features the following:

- detailed photo sequences, comprehensive captions and illustrations
- meticulous but engaging prose that clearly explains the jujitsu techniques
- key technical information that is accessible and useful to beginning and advanced grapplers
- fundamental figure-4 lock characteristics as well as variations from multiple positions

Like the other books chronicling George Kirby's lifelong study of jujitsu techniques, such as *Advanced Jujitsu: The Science Behind the Gentle Art* and *Jujitsu Nerve Techniques: The Invisible Weapon of Self-Defense*, *Jujitsu Figure-4 Locks: Submission Holds of the Gentle Art* is an excellent reference, insightful learning resource and a fascinating study of a key element to successful grappling.



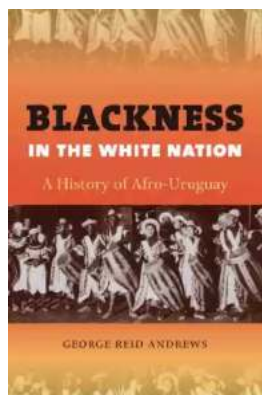
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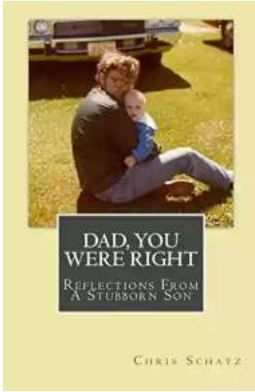
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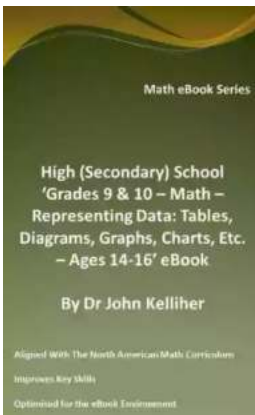
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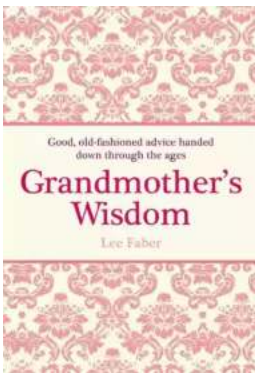
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