



# Judo Armbars for Mixed Martial Arts

*Dominic King*

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## **Judo Armbars for Mixed Martial Arts** Dominic King

*"Now you can perfect Ronda Rousey's most successful technique with the aid of this invaluable training manual."* - Phil Harris, Former UFC Fighter. **BECOME AN ARMBAR SPECIALIST** Whether you're a judo fighter wanting to take your skills into the cage, a striker keen to develop your ground game, or a seasoned grappler looking to master the juji gatame (armbar), this book has been written to provide a masterclass in this devastating and versatile submission technique. With over 80 colour photographs, this step-by-step guide shows you everything you need to know to transition into the judo armbar and get your opponent to tap from every conceivable position.

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