

Why learn chokes? A martial artist or street fighter who believes that he can survive solely on powerful punches and kicks may be in for a rude awakening when the fight ends up in a clinch on the concrete--where knockout power is tougher to generate--or the attacker turns out to be high as a kite, crazed and immune even to the pain of broken bones. Simply put, when striking isn't working, you need to be able to go to the one sure fight ender: the choke. Author Burton Richardson's broad experience in the martial arts includes instructors credentials in Jeet Kune Do Concepts, Filipino kali (under Guro Dan Inosanto) and Kali Ilustrisimo, as well as a black belt in Brazilian jiu-jitsu. In this incredibly detailed volume filled with hundreds of step-by-step photos, he gives you the best techniques he knows for ending fights quickly by demonstrating a wide variety of quick and effective chokes. When you need to knock the fight out of someone fast, these chokes will become your go-to moves.

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Choke 'em Out has 5 ratings and 1 review. Greg said: Probably the most definitive reference on choking techniques available. I like how the.

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