

Mastering Triangle Chokes: Ground Marshal Submission Grappling
By Marshal D. Carper, Neil Melanson

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Neil Melanson is the head submission grappling coach for Xtreme Couture, Las Vegas As I developed, I started helping him with some ground work. adept at or mastered guard systems and specialise in triangle chokes, which are most often found in Brazilian Jiu Jitsu. . NM: My book is called Mastering The Triangle.
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