



Throws and Takedowns for sambo, judo, jujitsu and submission grappling

Steve Scott

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Learn to dominate opponents with the explosive throws, sweeps and takedowns of Sambo. Coach Steve Scott teaches 75 of the most effective ways to put your opponent on the mat and keep him there. Whether you compete in sambo, judo, jujitsu, submission grappling or MMA, the techniques Takedowns and Throws for Sambo, Judo, Jujitsu and Submission Grappling will arm you with an arsenal of explosive, functional throws and takedowns. Coach Scott starts you off with a thorough overview of the concepts and principles of throws and takedowns including technical execution, grip fighting, stance, posture, balance, defense, fitness and drill training. Building on these fundamentals, he teaches 75 takedowns, throws and sweeps including lifting throws, pick-ups, leg grabs, knee drop throws, body drop throws, over body throws, leg hooks and sweeps. Each technique is extensively illustrated with photos from key angles and Coach Scott's straightforward explanations make it easy for you to put these techniques to work on the mat in your next training session. **THROWS and TAKEDOWNS INCLUDED:** The Buck ~ Inside Thigh Lift ~ Outer Thigh Sweep ~ Cuban Leg Grab ~ The Metz ~ Ankle Pick ~ Hand Wheel ~ 1-Arm Knee Drop ~ Cross Arm Knee Drop ~ Tight Waist Knee Drop ~ Fireman's Carry ~ Cross Body Outer Hook ~ Sweeping Hip Throw ~ Inner Thigh Throw ~ Cross Grip Major Outer Hook ~ Front Kick Throw ~ Minor Inner Hook ~ Open Chest Body Drop ~ Side Body Drop ~ Knee Body Drop ~ Back Grip Hip Throw ~ Belly-to-Belly Throw

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