

Choke 'em Out: 65 Chokes to End Any Fight Fast

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1581606206, 9781581606201 | 2007 | Burton Richardson | Choke 'em Out: 65 Chokes to End Any Fight Fast | Paladin Press, 2007 | 250 pages | 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 instructor's 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. [file download gygax.pdf](#)

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Loren W. Christensen | ISBN:1581605250 | Sports & Recreation | The Brutal Art Of Ripping, Poking & Pressing Vital Targets | 284 pages | Oct 1, 2006 | There is nothing pretty or clean about brawling. It hurts, it's frightening, it's brutal and it's ugly. If you accept the fact that all fighting is dirty all the time, then you Out:

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Or Dont Want To | Nov 1, 1996