

Vital Leglocks: 65 Leglocks For Jujitsu, Judo, Sambo And Mixed Martial Arts By Steve Scott

By Steve Scott

judo, sambo and mixed martial arts. Vital Leglocks: 65 essential leglocks for Vital Leglocks is divided into the three major categories of lower body

Excerpted from Vital Leglocks: 65 leglocks for jujitsu, judo, sambo and mixed martial arts by Steve Scott. From my experience, the most reliable lower body and leg

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About Steve Scott: Librarian Note: There is more than one author in the Goodreads database with this name. Steve Scott holds advanced black belt rank;

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