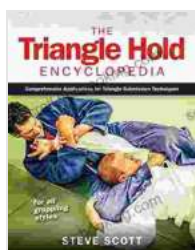


Mastering the Triangle Submission: Unlock the Ultimate Grappling Technique

The triangle submission is a devastating hold that has been used to great effect in grappling competitions for decades. It is a versatile technique that can be applied from various positions, making it a valuable tool for both beginner and experienced grapplers alike.



The Triangle Hold Encyclopedia: Comprehensive Applications for Triangle Submission Techniques for All Grappling Styles by Steve Scott

★★★★★ 5 out of 5

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In this comprehensive article, we will explore the various applications of the triangle submission, providing detailed instructions for executing the technique from different positions and offering tips on how to finish the submission effectively. Whether you're a BJJ practitioner, an MMA fighter, or a submission wrestler, this in-depth analysis will enhance your grappling skills and increase your chances of achieving submission victories.

Understanding the Triangle Choke

The triangle choke is a submission hold that involves wrapping one's legs around the opponent's neck and applying pressure to constrict their airway. It is considered one of the most effective chokes in grappling and can be applied from both the guard and the mount positions.

The key to executing a successful triangle choke is to establish a strong grip and maintain control of the opponent's head. By securing the position and applying constant pressure, the grappler can force the opponent to submit due to either airway restriction or a lack of blood flow to the brain.

Variations of the Triangle Submission

There are numerous variations of the triangle submission, each with its own unique advantages and applications. Some of the most common variations include:

- **Standard Triangle Choke:** This is the most basic variation of the triangle choke, applied from the guard position with the grappler's legs wrapped around the opponent's neck and one arm securing the position.
- **Inverted Triangle Choke:** Similar to the standard triangle choke, but applied from the mount position with the grappler's legs wrapped around the opponent's head and one arm securing the position.
- **Arm-In Triangle Choke:** A variation where the grappler's arm is inserted between their own leg and the opponent's neck, providing additional pressure and control.
- **Reverse Triangle Choke:** A less common variation where the grappler's legs are wrapped around the opponent's waist instead of their neck.

Step-by-Step Instructions for Executing the Triangle Submission

From the Guard Position:

1. Start by securing the opponent's leg in the guard and establish a strong base.
2. Wrap your legs around the opponent's neck, crossing your feet at the back.
3. Hook your heels behind the opponent's knees and pull them towards you, tightening the triangle.
4. Reach over the opponent's head with one arm and secure a grip on their far shoulder.
5. Lock your hands together and apply pressure by squeezing your legs and pulling your arm towards you.

From the Mount Position:

1. Secure the mount position on the opponent and establish control.
2. Reach over the opponent's head with one arm and grab their far tricep.
3. Wrap your legs around the opponent's head, crossing your feet at the back.
4. Hook your heels behind the opponent's knees and pull them towards you, tightening the triangle.
5. Pull your arm towards you and apply pressure with your legs, squeezing the triangle and constricting the opponent's airway.

Tips for Finishing the Triangle Submission Effectively

- **Maintain control of the opponent's head:** This is crucial for preventing the opponent from escaping the hold.
- **Apply steady pressure:** Don't try to force the submission too quickly. Gradually increase the pressure until the opponent submits.
- **Adjust your position as needed:** If the opponent is resisting, adjust your legs, arms, or body position to find a more effective angle for applying pressure.
- **Don't give up:** The triangle choke can take time to finish. Be patient and persistent, and don't let go of the position until the opponent submits.

The triangle submission is a fundamental grappling technique that can be used to achieve submission victories against opponents of all skill levels. By understanding the various variations and mastering the proper technique, grapplers can enhance their overall game and increase their chances of success. Whether you're a seasoned competitor or just starting your grappling journey, the triangle submission is a valuable tool that will serve you well in any grappling discipline.

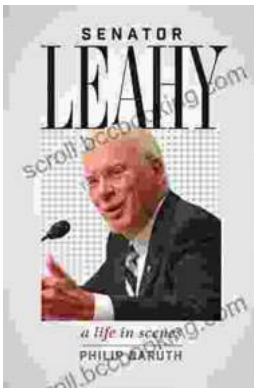
So, if you're ready to take your grappling skills to the next level, embrace the triangle submission and unlock the power of this devastating hold. With dedication and practice, you can master this technique and dominate your opponents on the mat.

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