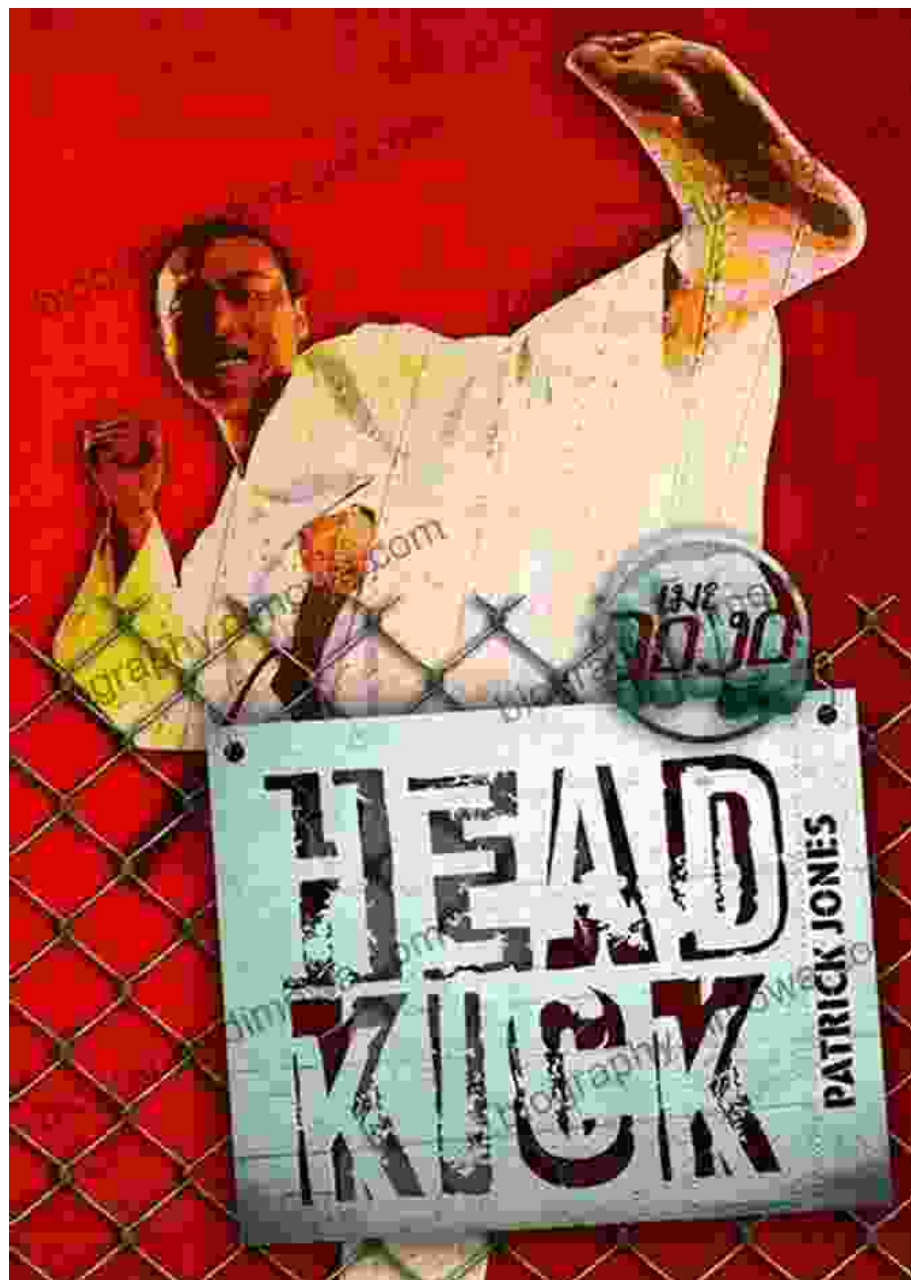


Triangle Choke: The Masterclass | Unlocking the Power of the Triangle Choke



Triangle Choke (The Dojo) by Patrick Jones

★★★★★ 5 out of 5

Language : English

File size : 2897 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 136 pages



Master the Triangle Choke, the Ultimate Submission

In the realm of Brazilian Jiu-Jitsu (BJJ), few techniques are as revered and feared as the triangle choke. This powerful submission, when executed correctly, can leave opponents gasping for breath and tapping out in seconds.

Triangle Choke: The Dojo by renowned BJJ black belt and instructor Patrick Jones is the definitive guide to mastering this iconic technique. With over 300 pages of detailed instruction, step-by-step illustrations, and expert analysis, this book will empower you to dominate your opponents on the mat.

Unveiling the Secrets of the Triangle Choke

Triangle Choke: The Dojo takes you on a comprehensive journey through the intricacies of the triangle choke. You will learn:

- The fundamental principles of the triangle choke
- Multiple variations and entries into the triangle
- Advanced techniques for finishing the choke from various positions
- Effective strategies for defending against the triangle

- Essential tips and tricks for optimizing your triangle choke game

Empowering Grapplers of All Levels

Whether you are a seasoned grappler or a beginner eager to add a devastating submission to your arsenal, *Triangle Choke: The Dojo* is an indispensable resource. Patrick Jones's expert guidance and clear explanations make this book accessible to grapplers of all levels.

The Triangle Choke: A Versatile Submission

The triangle choke is not only a powerful submission but also a versatile one. It can be applied from a variety of positions, including the guard, mount, and even from the back. This makes it a highly adaptable technique that can surprise and overwhelm your opponents.

Testimonials from BJJ Luminaries

"Patrick Jones has written the definitive guide to the triangle choke. This book is a must-have for any serious grappler." - John Danaher, 10th-degree BJJ black belt

"Triangle Choke: The Dojo is an invaluable resource for anyone looking to master this iconic submission. Patrick Jones provides a wealth of knowledge and insights." - Bernardo Faria, 9th-degree BJJ black belt

Free Download Your Copy Today

Unlock the power of the triangle choke and elevate your BJJ game to the next level. Free Download your copy of *Triangle Choke: The Dojo* by Patrick Jones today and start dominating your opponents on the mat.

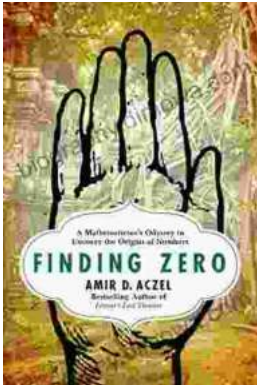
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