



Extreme Joint Locking And Breaking: Restraint and Submission Techniques for the Street

Loren W. Christensen

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This book isn't about sport fighting, flashy moves or how to become a better person through a martial art. It presents realistic grappling techniques designed to control and restrain through the application of pain to the joints. Its purpose is to provide today's modern warrior - the self-defense oriented martial artist, combat soldier or law enforcement officer - with easy-to-apply techniques that first restrain and then, if taken to their maximum potential, inflict severe physical injury, including torn ligaments and tendons, broken bones and even paralysis or death in extreme cases.

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