



Tap Out Textbook: The Ultimate Guide to Submissions for Grappling

By Steve Scott

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Tap Out Textbook: The Ultimate Guide to Submissions for Grappling By Steve Scott

If you make your opponent tap out, he'll never forgive you and never forget you! Tap Out Textbook: The Ultimate Guide to Submissions for Grappling is packed with hundreds of armlocks, chokes and leglocks that you can use to make any opponent tap out. This book offers hardcore, serious and practical instruction on submitting your opponent in a wide variety of grappling and fighting situations. Whether you're a submission grappler, judo or jujitsu athlete or MMA fighter, this book will improve your armlocks, chokes and leglocks. Learn each submission technique from start to finish in both no gi and gi situations. Plus you'll get variations, alternate finishes and escapes so no matter what your opponent throws at you, you'll be ready. Author Steve Scott has over 40 years experience as a coach and athlete in judo, sambo, sport jujitsu and submission grappling. In this comprehensive training guide, he shares the same training tips, technical expertise and tactical advice that he has used to train 3 World Sambo Champions and over 200 national and international champions in grappling sports. Written in clear, concise language with over a thousand photographs, Tap Out Textbook: The Ultimate Guide to Submissions for Grappling is like having your own world-class coach with you every time you step on the mat.

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Editorial Review

Review

Groundfighting and submission techniques are considered by many to be the backbone of mixed martial arts. Being skillful as a groundfighter is vital to winning in this sport. I have yet to meet anyone in my work as an MMA television commentator who understands how to teach groundfighting better than Steve Scott. --Sean Wheelock, M-1 Commentator and Analyst

About the Author

Steve Scott, has developed champion grapplers and fighters for over 40 years. Among the thousands of athletes who have trained with him, he has personally coached 3 World Sambo Champions and over 200 national and international champions in judo, sambo, sport jujitsu and submission grappling at his Welcome Mat training center in Kansas City. A high-ranking black belt in both judo and Shingitai jujitsu, Steve s also a member of the U.S. Sombo Association s Hall of Fame. As a member of the U.S. national coaching staff for both judo and sambo, he was the official U.S. team coachat the World Sambo Championships, Pan American Games and World (Under 21) Judo Championships, among many other international judo and sambo events. Athletes Steve developed at Welcome Mat have represented the United States in the Olympic Games, World Judo Championships, World Sambo Championships, Pan American Games, Pacific Rim Championships, World University Games, International High School Championships, and many other international judo and sambo events. Steve has conducted over 300 seminars, training camps and clinics and has authored numerous other books on the subject of submission grappling, jujitsu, judo and sambo.

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