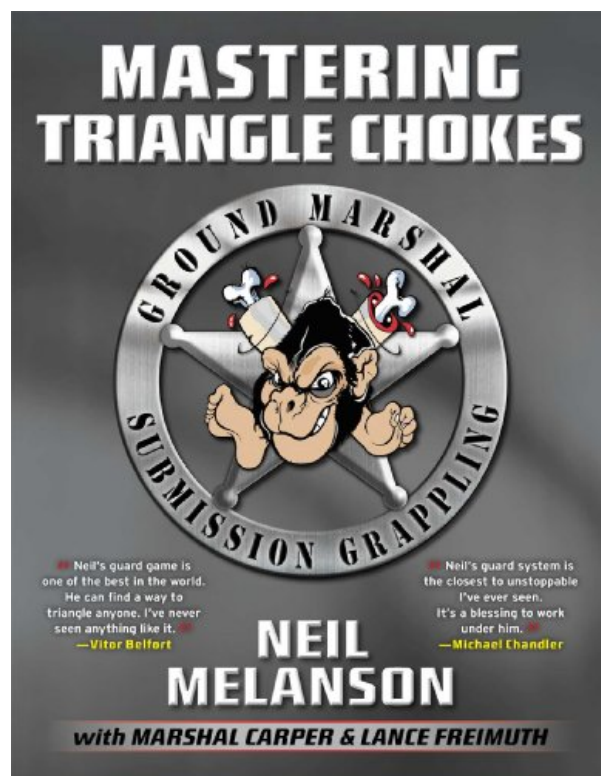


MASTERING TRIANGLE CHOKES: GROUND MARSHAL SUBMISSION GRAPPLING BY NEIL MELANSON, MARSHAL D. CARPER, LANCE FREIMUTH



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Neil's guard system is the closest to unstoppable I've ever seen. It's a blessing to work under him. —Michael Chandler

NEIL MELANSON

with MARSHAL CARPER & LANCE FREIMUTH

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In *Mastering Triangle Chokes*, Neil Melanson takes you deep into the grappling rabbit hole and teaches you how to apply the devastating triangle choke submission in virtually any scenario from your guard. Unlike other grappling instructional manuals, *Mastering Triangle Chokes* is not a random compilation of techniques. It is a detailed system that teaches you how to capitalize on your opponent's body position and direction of movement. It gives you a chess-like strategy for anticipating your opponent's counters, allowing you to remain two steps ahead and shut down all possible escape routes. With more than 2,000 color photos and descriptive narrative, *Mastering Triangle Chokes* is the most complete tome ever written on the art of the triangle choke.

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Most helpful customer reviews

14 of 15 people found the following review helpful.

Triangle Heaven

By Vince

This book is not about a single submission, it is about a system. Neil distills years of grappling knowledge into an incredibly easy-to-read manual that discusses the intricacies of one of the most effective moves for grappling and MMA--the triangle choke.

Mastering Triangles provides an eye-opening insight into how to identify, set-up, and execute triangle chokes. Instead of forcing the submission, Neil explains how your opponent's body position will dictate which of his triangle systems will be most effective to apply and finish triangles. This type of systemic

knowledge gives you incredible confidence on the mat because no matter what your opponent does you will have a vicious answer.

Equally important, the book contains multiple angles of each step on a given submission or position--making it simple to understand and use. Neil Melanson is the best grappler I have rolled with and his triangle game is crazy. But there is a method to his ridiculously-effective grappling madness. Mastering Triangle Chokes is a clear peek into the method that has made Neil one of the best grappling coaches in the world. There is no doubt this book will elevate any grappler's game.

9 of 10 people found the following review helpful.

Excellent Resource on the Triangle Choke

By Amazon Customer

There's a wealth of knowledge here. This book is huge! Who ever knew there were this many triangle setups? I really like how the book is broken down into your opponents body position. The book shows a very systematic way of setting up your triangles. If you're looking to take your triangles (and grappling game in general) to the next level, definitely check this book out!

10 of 13 people found the following review helpful.

Complete shift in your perception of the Guard and Triangle

By sean hackett

For a lot of grapplers and MMA practitioners it can not be understated what a profound effect this book will have upon your approach to fighting off your back. I trained under few different grappling coaches before training Neil's system, and thought I understood the guard and the triangle, I was wrong. Neil has a formulaic approach to grappling that leaves nothing to error. In every position, Neil has a firm grasp of what the opponent can do and is ready to capitalize on their actions. When used correctly your opponent is nothing more than a fly caught in a spider's web. Neil Melanson does everything, but slap the triangle on your opponent himself. Also go to youtube if your on the fence, Neil has uploaded some of the techniques from his book in HD.

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