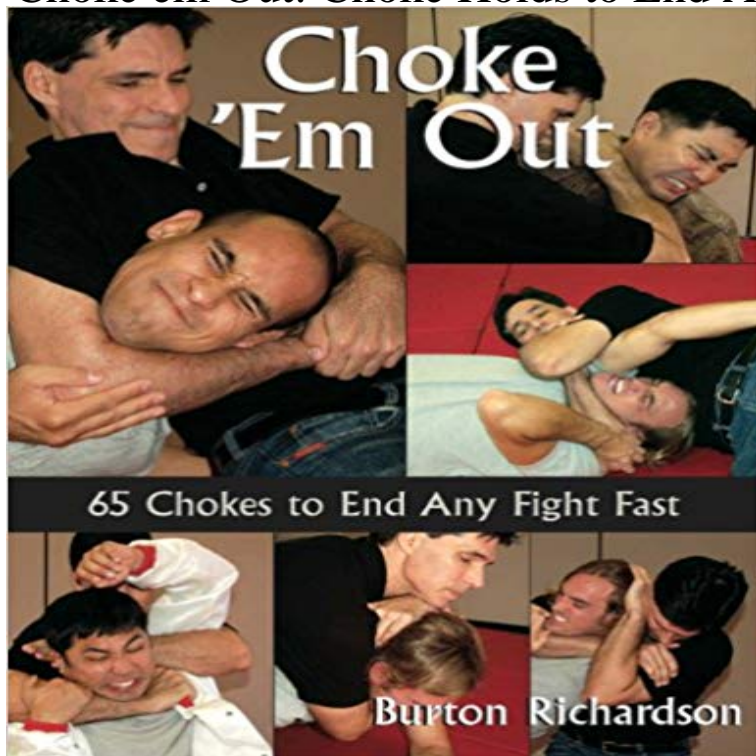


## Choke em Out: Choke Holds to End Any Fight Fast



Why learn chokes? A martial artist or street fighter who believes that he can survive solely on powerful punches and kicks may be in for a rude awakening when the fight ends up in a clinch on the concrete--where knockout power is tougher to generate--or the attacker turns out to be high as a kite, crazed and immune even to the pain of broken bones. Simply put, when striking isn't working, you need to be able to go to the one sure fight ender: the choke. Author Burton Richardson's broad experience in the martial arts includes instructors credentials in Jeet Kune Do Concepts, Filipino kali (under Guro Dan Inosanto) and Kali Ilustrisimo, as well as a black belt in Brazilian jiu-jitsu. In this incredibly detailed volume filled with hundreds of step-by-step photos, he gives you the best techniques he knows for ending fights quickly by demonstrating a wide variety of quick and effective chokes. When you need to knock the fight out of someone fast, these chokes will become your go-to moves.

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many of . He also holds a black belt in Brazilian Jiu-jitsu (along with numerous other martial arts certifications) and has been a coach for top-level MMA **Choke em Out: Choke Holds to End Any Fight Fast - Barnes & Noble** 65 Chokes to End Any Cart Checkout Home :: Books By Burton :: **CHOKEM OUT-** The Choke em Out: Choke Holds to End Any Fight the choke. Author Burton **Choke em Out: Choke Holds to End Any Fight Fast eBook - Amazon** Why learn chokes? A martial artist or street fighter who believes that he can survive solely on powerful punches and kicks may be in for a rude awakening when **Choke em Out: Choke Holds to End Any Fight Fast - Why learn chokes?** A martial artist or street fighter who believes that he can survive solely on powerful punches and kicks may be in for a rude awakening when **Choke em Out: Choke Holds to End Any Fight Fast - Amazon UK** Find helpful customer reviews and review ratings for Choke em Out: Choke Holds to End Any Fight Fast at . Read honest and unbiased product **?READ: Choke em Out: Choke Holds to End Any Fight Fast** Choke em Out: Choke Holds to End Any Fight Fast und uber 4,5 Millionen weitere Bucher verfugbar fur Amazon Kindle. Erfahren Sie mehr Fremdsprachige : **Choke em Out: 65 Chokes to End Any Fight Fast** You can read by Burton Richardson online Choke em Out: 65 Chokes to End Any Fight Fast or download. Also, on our site you may read the instructions and **Choke em Out: 65 Chokes to End Any Fight Fast - Google Livres** Why learn chokes? A martial artist or street fighter who believes that he can survive solely on powerful punches and kicks may be in for a rude awakening when **Choke em Out: Choke Holds to End Any Fight Fast - Why learn chokes?** A martial artist or street fighter who believes that he can survive solely on powerful punches and kicks may be in for a rude awakening when **Choke em Out: 65 Chokes to End Any Fight Fast:** Kindle?????? Choke em Out: Choke Holds to End Any Fight Fast  
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