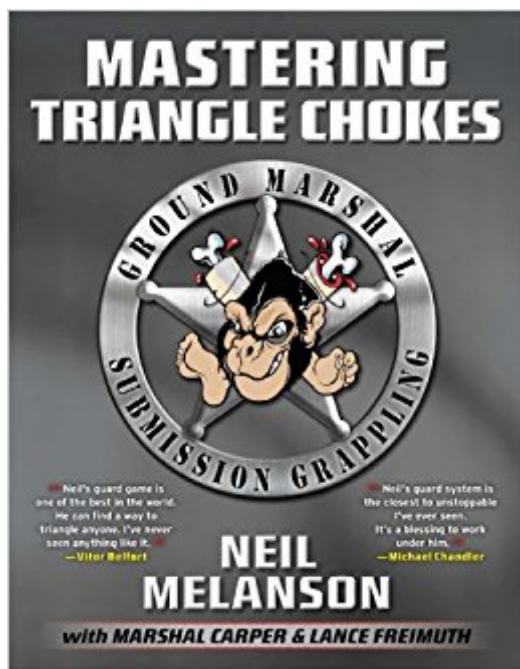


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# Mastering Triangle Chokes: Ground Marshal Submission Grappling



## Synopsis

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.

## Book Information

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## Customer Reviews

"Neil has created one of the most unique and effective grappling styles I have ever seen. He's become the elite "Mad Scientist" of the ground game!"  
— Gray Maynard  
"The creative and different ways Neil uses a technique as basic as a triangle and triangle setups is a true testament to his mastery of that structure. Learn it or be left behind."  
— Greg Jackson  
"Coach Neil's knowledge and use of the guard is unparalleled. He has so many threats at once from a universal position such as the ground. I don't feel anyone's guard comes close."  
— Matt Mitrione  
"The most amazing thing about Neil's grappling is its constant evolution. When he runs into a problem, no matter how minor, he dedicates himself wholeheartedly to figuring out the cause and the most efficient way to overcome it. Perhaps that's why Neil is the best grappler I've ever rolled with and the best coach I've ever had. And if you like seeing me use the Yes Lock, you can thank Neil for

teaching it to me." – Bryan Danielson (WWE Pro Wrestler Daniel Bryan)"I have rolled with some of the best in the game over my 15 years in this sport, and Neil by far has the most aggressive, slick, and violent guard game that I have experienced. I'm very happy to call him coach and friend instead of enemy." – Frank Trigg"Coach Melanson is the best instructor I've worked with. His knowledge of submissions is secondary only to his ability to explain his knowledge. He has torn submission fighting apart and reconstructed it in a way that has never been done. I'd slap Rickson Gracie in the face five times before I'd disrespect Melanson once." – Chael Sonnen"Neil has a unique perspective on techniques that makes him a fantastic grappler and a tremendous coach. I've enjoyed learning from him, and I'm honored to have a black belt in his system. If you think his triangles are badass, you should see the rest of his game." – Randy Couture"Neil's guard game is one of the best in the world. He can find a way to triangle anyone. I've never seen anything like it." – Vitor Belfort

Neil "The Ground Marshal" Melanson is one of the most sought after ground fighting coaches in the world, due to his intense and relentless grappling style and paramount fighting techniques. As a Hayastan Grappler, Neil trained under "Judo" Gene LeBell, Gokor Chivichyan, and received his black belt from Karo "The Heat" Parisyan. At Hayastan, Neil learned this hybrid art of grappling that focuses on the use of neck and leg locks. Neil is well known as a master of the guard and has developed many different guard systems such as K-control, shoulder pin series, Irish collar, and others. Not only do guard players seek Neil out to learn and master the guard, but top game players do as well. Neil has made a name for himself as the man to see to learn how to beat the guard. He teaches an MMA style of grappling that focuses on protecting the head from strikes along with the practical application of the turtle in MMA. Neil has trained champion fighters such as Randy Couture, Gray Maynard, Frank Trigg, Vitor Belfort, Michael Chandler, Chael Sonnen, and others, to become a legend in the world of Mixed Martial Arts. Much of Neil's time is spent at Xtreme Couture MMA in Las Vegas, Nevada, but he also travels throughout the country to teach seminars. Marshal D. Carper grew up in southwestern Pennsylvania running from bullies and playing video games. Now, much to the surprise of his family, his former bullies, and himself, he trains Brazilian jiu-jitsu under Pedro Sauer black belt Sonny Achille and writes about fighting. In addition to being the Editor-in-Chief of Lockflow.com, Marshal has been published in Ultimate MMA Magazine, Fight! Magazine, and the Escapist. He is also the author of Cauliflower Chronicles: A Grappler's Tale of Self-Discovery and Island Living, and coauthor of Advanced Brazilian Jiu-Jitsu with Marcelo Garcia and Brazilian Jiu-Jitsu: The Open Guard with BJ Penn. Lance Freimuth is a writer, editor, and

photographer who lives in Las Vegas, NV. He also teaches grappling at Xtreme Couture, one of the most highly respected MMA gyms in the world.

A complete and well laid out system for setting up and finishing triangles. You will not only see the progression of the technique but maybe even more importantly you get to understand the theory of why this particular technique for the given situation. It is hard to explain, but, the system helps you to funnel your opponent into the submission and gives you options to follow depending on how your opponent is playing you. Great photos and surprisingly concise and clearly written captions/instructions. I had my doubts about a book being able to convey complex series of movements, however, it is fantastic with the following caveat: you need to already have some rolling experience in order to appreciate some subtle but critical changes in angles/position that are conveyed without the aid of video. A blue belt in BJJ (or equivalent time on the mat grappling) or higher would benefit greatly. I would buy this again if I ever lose my copy.

I don't think I can say it any better than anyone else already has, so I will be brief. This book is epic. The title is a little misleading, as this book is not about slapping on your regular ol' triangles willy nilly. It's about how to stalk, setup, then execute the triangle from nearly anywhere the opponent may go. Good posture won't even save him if you practice these attacks. This is one of the coolest books I have on martial arts, and most of my friends have never heard of Neil's systems, so when I wrap them up with a K-Control Knee Pinch Triangle attack, they are left dumbfounded. Don't know what that attack is. you say? Then get the book, and get to work. Cheers.

Neil has developed a system that gives you a soup to nuts guard game. The way he maps out your options based on your opponent's position/angle is very helpful in terms of developing a plan for all scenarios. I've hit tons of triangles but now realize that I was only scratching the surface in terms of what you can do to funnel your opponent in and deal with his counters/reactions.

Very comprehensive and detailed. Dont expect to read it once and understand it. take your time with it. Neil covers in great detail the major moves and slight nuances that make each move effective. Great book for beginners and seasoned grapplers

This book gives several options in each position of the guard, and weighs the pros and cons of each option, and is not gi dependent. A while later I rolled against a couple judo brown and black belts,

and managed to land one of the triangle chokes that stuck out from the book. As a whole the instructions are very clear, and the pictures help you follow along, knowing what a move should look like shouldn't be a problem

There's a reason people were selling their copies for \$500 dollars when this looked like it was out of print permanently. I've been catching taps on training partners (some of who are very high level competitors) I have absolutely no business tapping and I've actually been referencing this book regularly since picking it up, unlike a few other books I've picked up where I crack the spine to look through it and then they just collect dust on my book shelf. I frequently see people online suggesting that all new grapplers pick up Saulo Ribero's BJJ University with their white belt. I think everyone should buy this book when they get their blue belt. Outside of the triangle attacks and set ups, this book has changed how I approached the guard both offensively and defensively. I had a fairly lazy guard for a long time and working on the material in this book has really helped me to develop a guard where, even if I'm not hunting triangles, I'm constantly harassing my opponent and creating angles leading into other attacks and sweeps. From a defensive perspective it's really helped me identify vulnerable positions and the reasons for them being vulnerable and as a result my defense from within the close guard has become far more formidable and I've found myself being choked/arm locked/shoulder locked/swept/omoplata'd far, far less than previously. One final note: for those of you with Ryan Hall's DVD series on triangles, this is still worth picking up as Neil comes from a catch wrestling/Hayastan Grappling background, and a lot of positions and angles are covered that Ryan didn't (and vice versa).

This book met all my expectations. As a jiu-jitsu practitioner I can assure that once you get used to the concepts shown in this book, your triangle game will be boosted to another level. If you want to put your hands on a triangle cookbook, this one is definitely for you!

Unbelievable amount of info. Very cool format I never had a book only dvds and always thought a book would be inferior to dvd but it's great for seeing small things in still pictures that you miss on a dvd. Great book!

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