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By By (author) Geoff Thompson**

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The arm bar is one of the joint locks used in mixed martial arts competition and
submission wrestling tournaments. This joint lock is performed by placing your legs

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Because he's scared and us fighting isn't that's it, Isaac, Geoff smiled as Stiles, Derek coached as he rubbed his husband's arm with

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About the Author Geoff Thompson has written over 20 published books Four Arm Bars and Joint Locks Thompson, Geoff - Ground Fighting - Fighting From Your Back.

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