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North south choke ufc

Grappling suffocation This article needs additional citations for verification. Please help improve this article by adding citations to trusted sources. Non-native material can be challenged and removed. Source: North-south suffocation - news · press · books · scholar · JSTOR (March 2015) (Learn how and when to delete this sample announcement) North-South Level 5 Pancrase Black Belt Jerry Roeder shows North-South suffocation. ClassificationChokeholdStyleBrazilian Jiu-JitsuAKAKuzure-kami shiho-gatameParent holds the North-South Suffocation North-South position as a choking technique in grappling, used exclusively from the north-south location, and classified as a suffocating air-hold. It is almost identical to one of the seven holding mats, or osaekomi-waza, of Kodokan Judo, Kuzure kami shiho gatame. This technique is comparable in procedure to D'arce suffocation, except that the athletes are 180 degrees opposite their opponents. Technical description When a student in the North-South position, (with the opponent lying on his back, the prone 40-degree position opposite them, in contact with the chest-to-chest opponent), the athletes will surround the opponent's neck with either arm. The athletes then use the chest or the adjacent arm that surrounds the opponent's neck to trap the opponent's head to avoid suffocation as little is possible. The athletes will then squeeze their hands together, in an aniable grip, palm-to-palm, with hands in another 90-degree variant. Almost simultaneously, the athletes will sprawl their hips backward and down, to break any danger from scanning. To complete the submission, the student lowers the shoulder corresponding to the arm that surrounds the opponent's neck, reducing the oxygen supply to the brain, by spasming the air conditioning. [1] Use in combat sports Notably mixed martial artists who have used suffocation include Jeff Monson, Rani Yahya, Mike Russow and Jimmy Ambriz. As of 2016, Monson has 17 victories that have come by suffocating north-south. North-south suffocation is also comonly used in grappling only events; one of the most notable wrestling to use choking with great success is the Brazilian jiu-jitsu black belt, Marcelo Garcia. At least four of his 55 men (about 7%) Victory has come by north-south suffocation. [2] Safety concerns Applying this or any suffocation to a human being is extremely dangerous if used improperly or recklessly. Long periods of suffocation deprive the brain of oxygen, leading to unconsciousness and ultimately brain damage or death if not released. It is imperative, when practiced such techniques, that athletes are fully aware of the physical state of their opponents, and release suffocation at any sign of losing consciousness or tapping off. See also North-South Location Arm choke Chokehold References ^ The Step-by-Step North South Choke, Article by BJJ Blackbelt Stephen Kersting] 01.04.2018. ^ BJJHeroes.com. Marcelo Garcia: BJJ Fighter Database. BJJHeroes.com. Retrieved March 3, 2015. Access from Sherdog Forums | UFC, MMA & Boxing Discussion Forums &t; Fight Discussion &t; UFC Discussion &t; Discussion in 'UFC Discussion' started by KJE416, November 18, 2013. Grappling suffocation This article needs additional citations for verification. Please help improve this article by adding citations to trusted sources. Non-native material can be challenged and removed. Source: North-south suffocation - news · press · books · scholar · JSTOR (March 2015) (Learn how and when to delete this sample announcement) North-South Level 5 Pancrase Black Belt Jerry Roeder shows North-South suffocation. ClassificationChokeholdStyleBrazilian Jiu-JitsuAKAKuzure-kami shiho-gatameParent holds the North-South Suffocation North-South position as a choking technique in grappling, used exclusively from the north-south location, and classified as a suffocating air-hold. 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