

Submission Machine: Knee On Belly Submissions



Submission Machine Book 2: Knee on Belly

Submissions by Ken Primola

★★★★☆ 4 out of 5

Language	: English
File size	: 323 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 172 pages
Lending	: Enabled



Master the Art of Ground Control and Submission

Are you ready to take your grappling skills to the next level? Submission Machine: Knee On Belly Submissions is the ultimate guide to mastering this dominant position and becoming a submission master.

In this comprehensive guide, you'll discover everything you need to know about the knee on belly position, from its basic principles to advanced strategies. Whether you're a beginner or an experienced grappler, this book has something to offer you.

What's Inside Submission Machine: Knee On Belly Submissions?

- **Step-by-Step Instructions:** Detailed breakdowns of every technique, with clear, easy-to-follow instructions.

- **Expert Techniques:** Learn the secrets of world-class grapplers and incorporate their techniques into your game.
- **Advanced Strategies:** Unlock the hidden potential of the knee on belly position with cutting-edge strategies.
- **Common Mistakes:** Avoid costly errors by learning from the mistakes of others.
- **Troubleshooting:** Get expert advice on overcoming specific challenges you may encounter.
- **Training Drills:** Effective drills to improve your technique, timing, and overall performance.
- **Bonus Material:** Exclusive video footage, downloadable drills, and additional resources.

Benefits of Mastering the Knee On Belly Position

- **Dominate Ground Control:** Control your opponent's movements and dictate the pace of the fight.
- **Create Submission Opportunities:** Set up a wide range of submissions, from chokes to armbars.
- **Improve Overall Grappling:** The skills you develop in the knee on belly position will enhance your entire grappling game.
- **Increase Confidence:** Knowing that you have a dominant position to fall back on will boost your confidence.
- **Gain a Competitive Edge:** Master the knee on belly position and become a formidable opponent in any grappling competition.

Who is Submission Machine Knee On Belly Submissions For?

- Grapplers of all levels, from beginners to advanced
- Jiu-Jitsu practitioners looking to improve their ground game
- MMA fighters who want to enhance their submission skills
- Coaches and instructors seeking new techniques to teach
- Anyone interested in learning the art of submission grappling

Testimonials



“ "This book has completely transformed my ground game. I've been able to submit opponents with ease since implementing the techniques described in Submission Machine Knee On Belly Submissions." ”



“ "As a coach, I highly recommend this guide to my students. It's an invaluable resource for anyone looking to master the knee on belly position." ”



“ "This book is a must-read for any grappler who wants to take their skills to the next level. The techniques and strategies in Submission Machine Knee On Belly Submissions are game-changers." ”

Free Download Your Copy Today!

Don't wait another day to unlock the power of the knee on belly position. Free Download your copy of Submission Machine Knee On Belly Submissions today and start dominating your opponents on the ground.

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