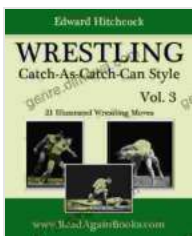


# Unleash the Art of Submission with Wrestling Catch As Catch Can Style, Volume 21

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In the captivating world of wrestling, one style stands out for its unmatched technicality and emphasis on submission grappling: Catch As Catch Can. This grappling system has left an indelible mark on the sport, influencing everything from collegiate wrestling to the modern-day mixed martial arts cage. Wrestling Catch As Catch Can Style, Volume 21 is the ultimate guide to this legendary style, unlocking its secrets and empowering you to master its devastating techniques.

## Catch As Catch Can: Ancient Roots, Modern Relevance



### WRESTLING Catch-As-Catch-Can Style Vol. 3 - 21 Illustrated Wrestling Moves by Tôwa

★★★★☆ 4.3 out of 5

Language	: English
File size	: 707 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 26 pages
Lending	: Enabled

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Catch As Catch Can style has its origins in the rugged combat arenas of 19th-century England. It was a street-tested style, honed in fairgrounds and market squares by working-class wrestlers known as "rough and tumblers." As it evolved, Catch As Catch Can gained popularity in circuses, traveling carnivals, and the professional wrestling circuit.

In recent decades, Catch As Catch Can has experienced a resurgence, thanks in no small part to its effectiveness in mixed martial arts. Champions such as Josh Barnett, Dan Severn, and Ronda Rousey have showcased the devastating power of Catch As Catch Can submissions, bringing this ancient style to a global audience.

## **The Master: Billy Robinson**

Wrestling Catch As Catch Can Style, Volume 21 is the brainchild of legendary grappler Billy Robinson. A pioneer in promoting Catch As Catch Can, Robinson has spent decades teaching and codifying this style, creating a systematic approach that makes its techniques accessible to practitioners of all levels.

## **Volume 21: A Comprehensive Guide to Submissions**

This volume delves into the heart of Catch As Catch Can: submissions. Robinson guides you through an exhaustive array of armlocks, leglocks, chokes, and other holds designed to break your opponent's resistance and force them to tap out.

Each submission is meticulously illustrated with detailed photographs and clear step-by-step instructions. Robinson provides invaluable insights into the mechanics of each move, ensuring you understand not only how to

execute them but also how to apply them effectively in real-world scenarios.

## Inside the Book

Wrestling Catch As Catch Can Style, Volume 21 covers:

- **Fundamental Principles:** Learn the cornerstones of Catch As Catch Can, including leverage, balance, and control.
- **Positional Dominance:** Master the art of controlling your opponent's body, from the basic guard position to advanced pinning techniques.
- **Submissions from Mount:** Unleash a devastating arsenal of armlocks, chokes, and more from the mount position.
- **Submissions from Guard:** Turn defense into offense with a vast array of submissions from the guard position.
- **Submissions from Other Positions:** Explore submissions from a variety of positions, including the back mount, side control, and headlock.

## Benefits of Catch As Catch Can Style

Mastering Catch As Catch Can style provides numerous benefits, both on and off the mat:

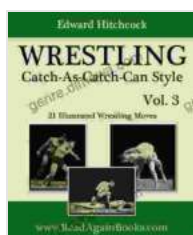
- **Enhanced Grappling Skills:** Develop superior grappling skills that will translate to any martial art or combat sport.
- **Improved Submission Defense:** Build a solid understanding of submission escapes and counters, increasing your ability to defend

yourself in grappling situations.

- **Physical Fitness:** Catch As Catch Can training is an intense workout that improves strength, flexibility, and endurance.
- **Mental Toughness:** The challenges of grappling develop mental toughness and perseverance.
- **Self-Defense Application:** Learn practical self-defense techniques that can be used in real-world scenarios.

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Wrestling Catch As Catch Can Style, Volume 21 is an indispensable resource for wrestlers, grapplers, and martial artists seeking to master the art of submission grappling. Billy Robinson's expert guidance and comprehensive coverage of techniques make this book a must-have for anyone serious about taking their grappling skills to the next level. Whether you're a seasoned veteran or a beginner looking to unlock the secrets of Catch As Catch Can, this book is your essential guide to submission supremacy.



## WRESTLING Catch-As-Catch-Can Style Vol. 3 - 21

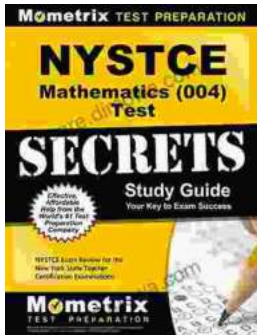
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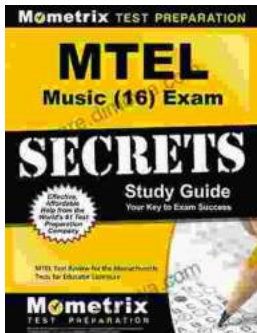
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