

FROM DEFEAT TO VICTORY...



A PRESENTATION BY
STEPHAN KESTING &
WWW.GRAPPLEARTS.COM

HOW THE
KNEEBAR
SAVED THE DAY!!



THE KNEEBAR IS KING OF THE LEGLOCKS.

IT USES THE POWER OF YOUR ENTIRE BODY AGAINST ONE OF YOUR OPPONENT'S JOINTS TO MAKE HIM GIVE UP.

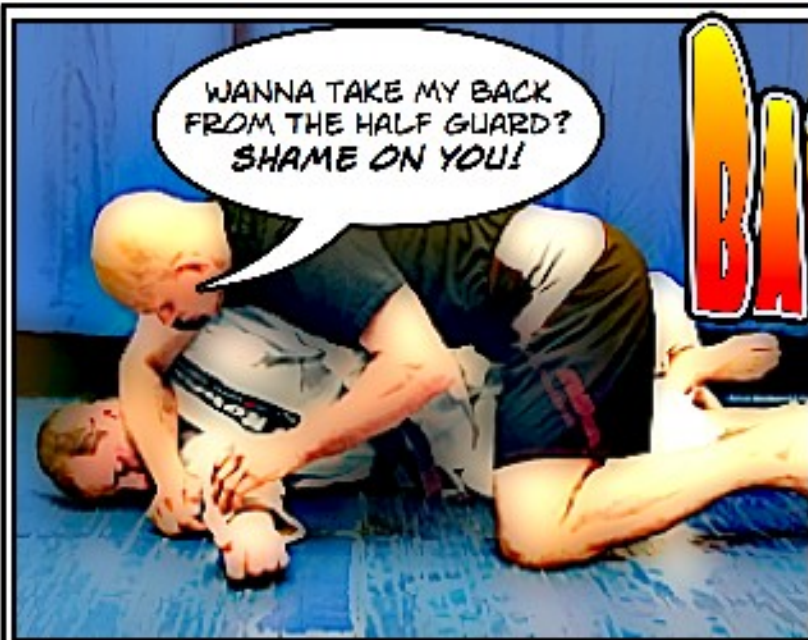
THERE ARE TONS OF WAYS TO SET UP THIS SUBMISSION, BUT THESE ARE THE **THREE MOST IMPORTANT ENTRIES**. LEARN THEM OR ELSE!!

STEPHAN KESTING
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FORWARD SPIN KNEEBAR

TRAPPED IN THE HALF GUARD?
YOU'VE STILL GOT OPTIONS!!





WANNA TAKE MY BACK FROM THE HALF GUARD?
SHAME ON YOU!

BACK SPIN KNEEBAR

GIVING YOUR OPPONENT FALSE HOPE THAT HE CAN TAKE YOUR BACK FROM HALF GUARD IS A GREAT WAY TO SET UP THE KNEEBAR!



SHAZAAM, I'VE JUST NAILED YOU WITH A BACKSPIN KNEEBAR!!



WHAT IF I PLANT MY ARMS...



... AND SPIN TOWARDS YOUR LEGS

ROLLING KNEEBAR



OH MY STARS & GARTERS, THIS IS NOT GOOD



BUT HIS KNEE IS BETWEEN MY LEGS, SO...



BY ROLLING AND KICKING HIM HARD IN THE ARMPIT



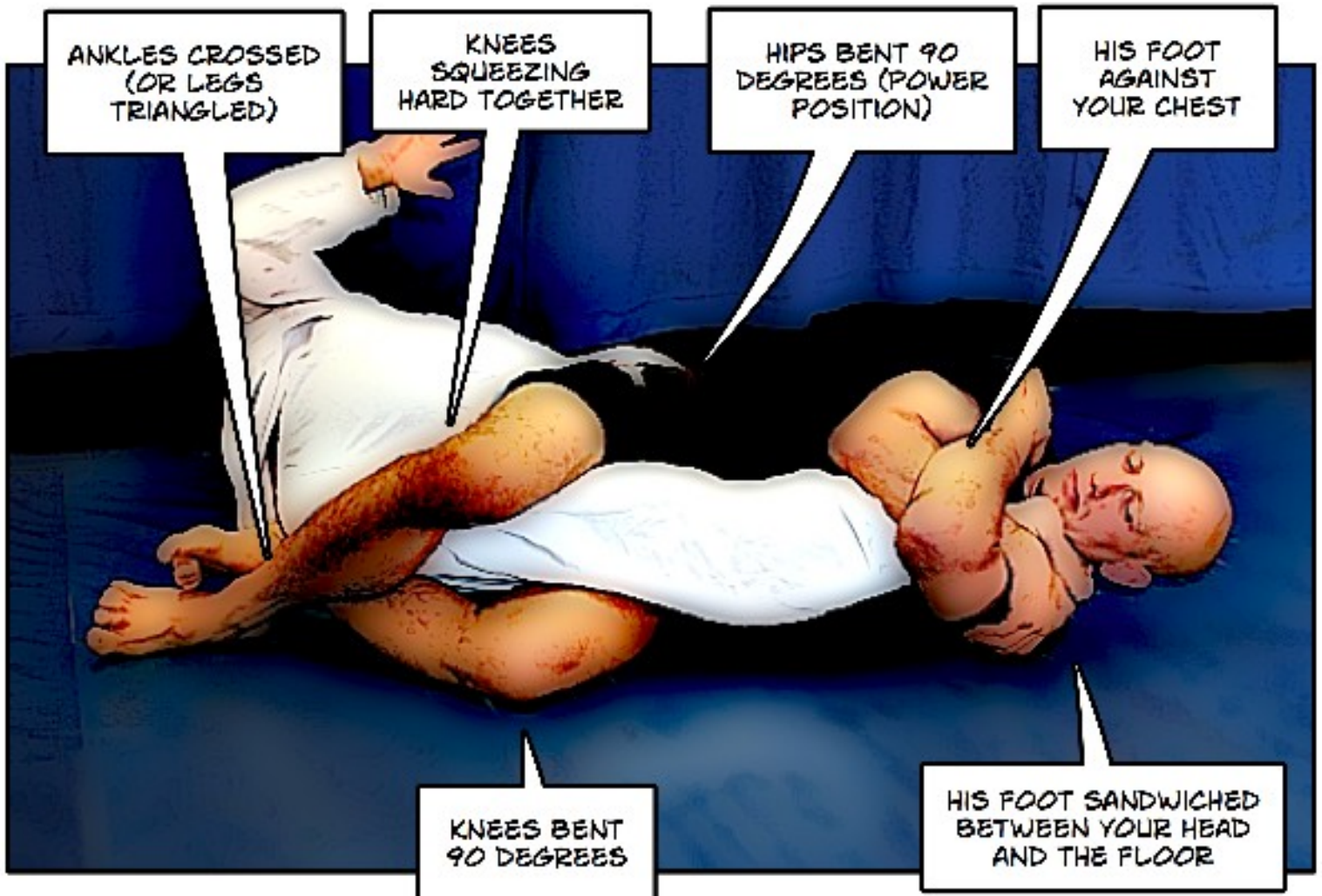
I END UP IN A MUCH BETTER POSITION



@\$#&*@!!!

THE ROLLING KNEEBAR STRIKES AGAIN!

THE KEY DETAILS THAT MAKE THE KNEEBAR WORK!



THE DEFINITIVE 2 DVD LEGLOCK PACKAGE

- ~ ENTRIES,
- ~ COUNTERS,
- ~ TECHNIQUES,
- ~ DETAILS,
- ~ CONCEPTS
- ~ DRILLS

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