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By George Kirby

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Figure- four (grappling hold) - Wikipedia, the -

it is sometimes called a double wrist lock. A figure-four hold and is a common submission in mixed martial arts and Brazilian jiu jitsu. ADCC Submission

[http://en.wikipedia.org/wiki/Figure-four_\(grappling_hold\)](http://en.wikipedia.org/wiki/Figure-four_(grappling_hold))

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Grappling hold - Wikipedia, the free encyclopedia -

Common combat sports featuring submission holds are: Brazilian Jiu-Jitsu; Catch wrestling; Judo; Jujitsu; A compression lock on the calf and thigh. Figure four:

http://en.wikipedia.org/wiki/Grappling_hold

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