Submission Holds

**Leg Split**
Very difficult to apply. Looks spectacular but not difficult to resist.

**Cradles**
Nearside cradle - not actually a submission hold.

**More effective variation.**
Reverse cradle. More effective as a pinning hold but little chance of a submission.

**Headlocks**
Needs patience to get a submission if not combined with other holds

**Standing Headlock**
**Arm bar** - probably the most effective submission hold

Arm bar with knee block

Scissor arm bar

Head scissor arm bar

Body scissor arm bar

Alternative body scissor arm bar

Crotch lever arm bar

Double arm bar

Alternative double arm bar
Knee and ankle bar - almost impossible to resist.

Toe and ankle lock - a very effective submission hold

Camel clutch. Both are almost impossible to engage without opponent’s co-operation.

Full Nelson Not as effective as it looks here

Boston Crab

Hammerlock The author in trouble!