

AUSTRALIA'S LEADING MIXED MARTIAL ARTS MAGAZINE

# MMA SPORTS

**WFC** 127  
**ALL ACCESS**

ISSN 1834-5514

9 771834 551303

30 >

MMA SPORTS issue 30  
AU\$8.95 NZ\$9.95

INTRODUCING...  
**MMA DOCTOR**

**BIG COUNTRY**  
ROY NELSON

**PITBULL**  
THIAGO ALVES

EXCLUSIVE  
**Junior dos Santos**

# KO KING

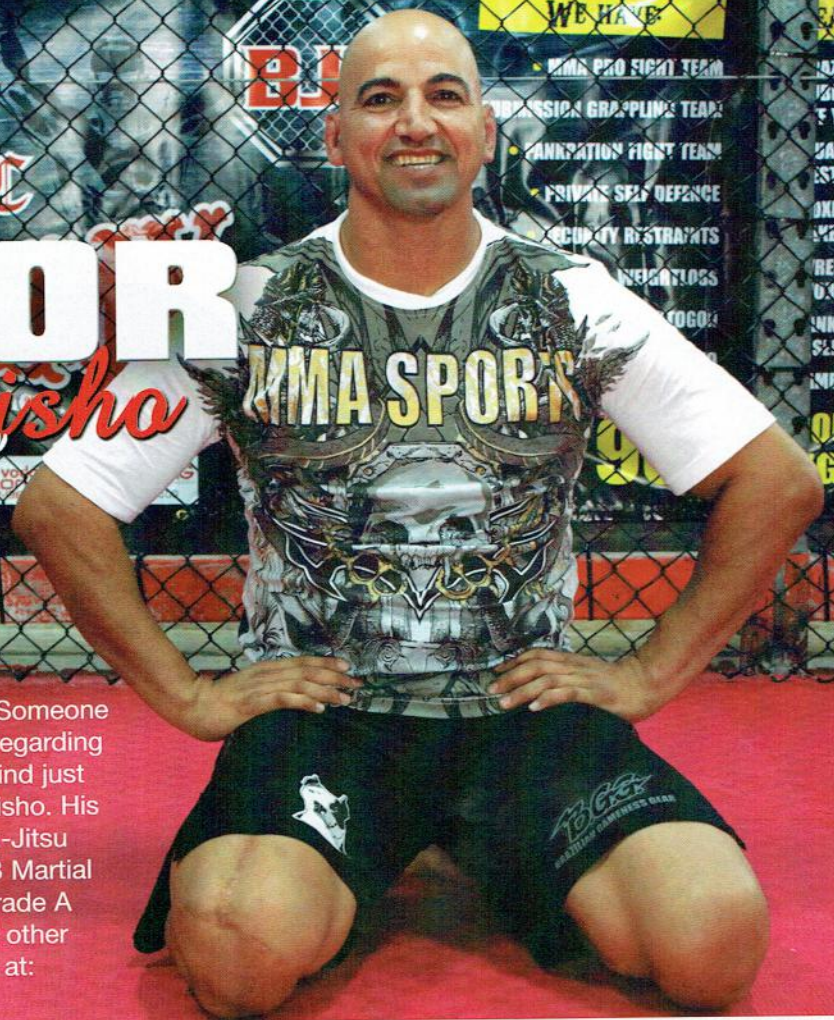
**TUF 13 Coach, Brock Lesnar's Worst Nightmare**



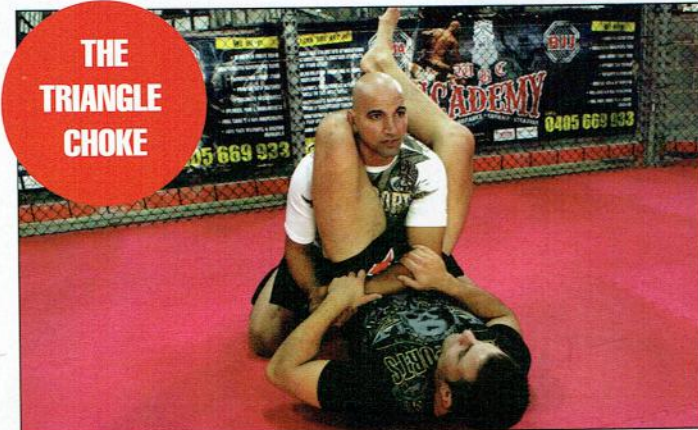
WIN: FIGHT QUEST: COMPLETE SEASON ONE . EA SPORTS MMA GAME . TOPGEAR SEASON 14 & MORE !!!

# MMA DOCTOR

with Sam Odisha  
"The Doctor"

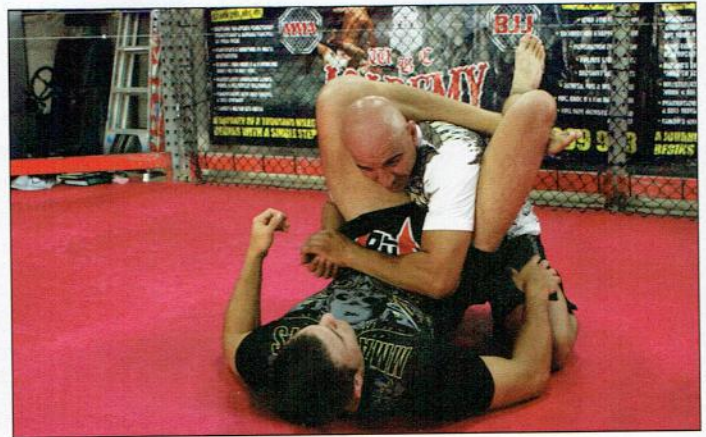


Wouldn't it be nice to have an MMA DOCTOR? Someone who can help you with any technical questions regarding Mixed Martial Arts? We scoured the country to find just that person... Introducing Sam "The Doctor" Odisha. His credentials speak for themselves, A Brazilian Jiu-Jitsu First Dan Black Belt, Pankration Black Belt, TCB Martial Arts Black Belt, Vale Tudo Black Belt, Sambo Grade A and Grade C Gilma Combat Wrestling, amongst other things. Have a question or need help, email him at: [doctor@mmasports.com.au](mailto:doctor@mmasports.com.au)

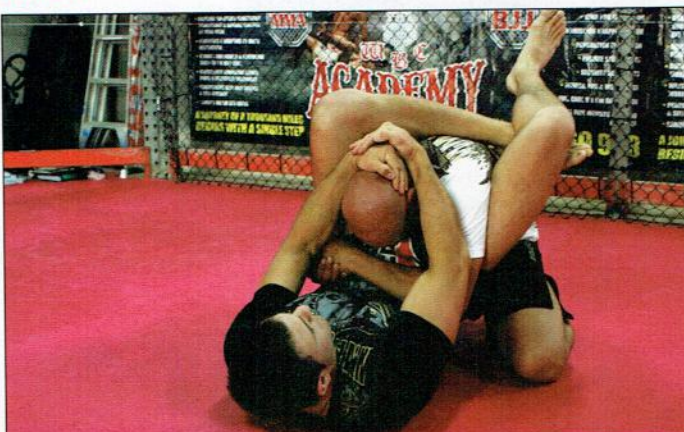


**THE TRIANGLE CHOKE**

**STAGE 1.** Opponent throws the legs up.



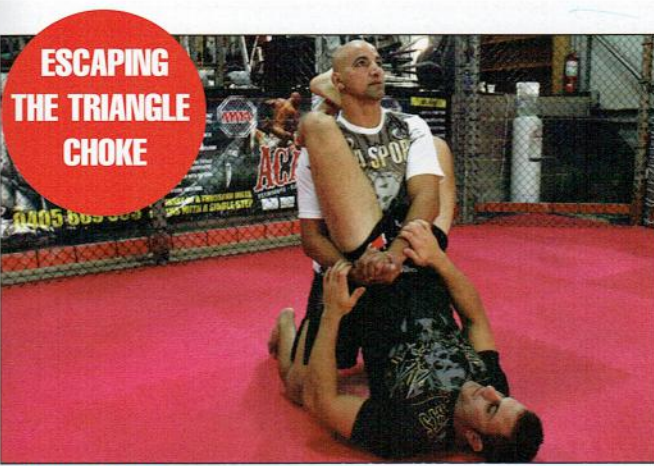
**STAGE 2.** Opponent locks his legs.



**STAGE 3.** Opponent controls your head.



**STAGE 4.** Opponent places your arm across.

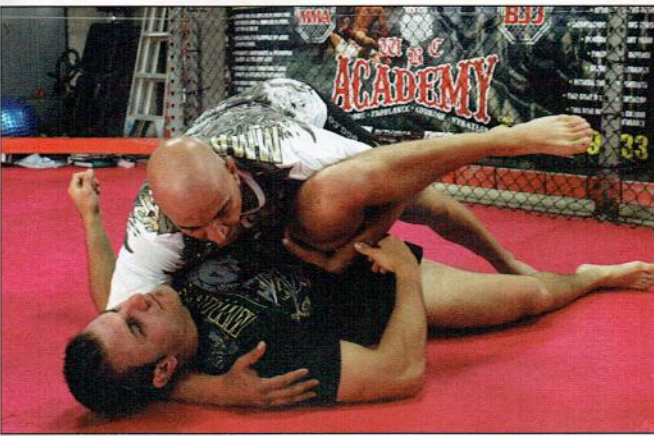


**ESCAPING THE TRIANGLE CHOKER**

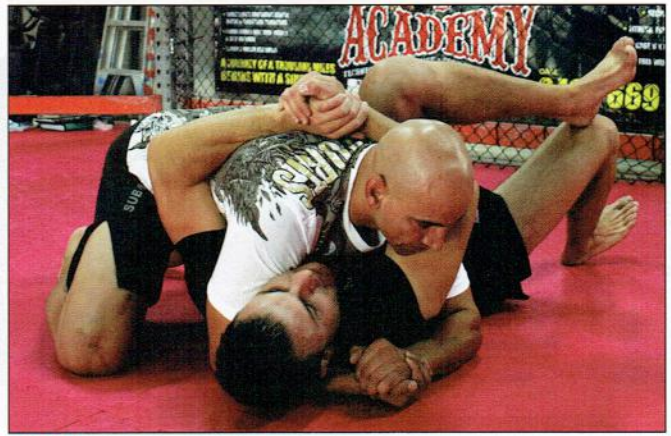
**ESCAPING STAGE 1.** Posture up.



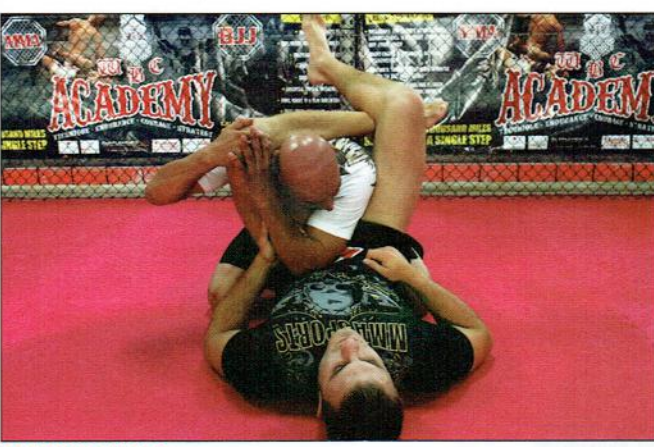
**STAGE 1.** Lean his leg in so you grab his opposite shoulder.



**STAGE 1.** Pass his leg, then control his head.



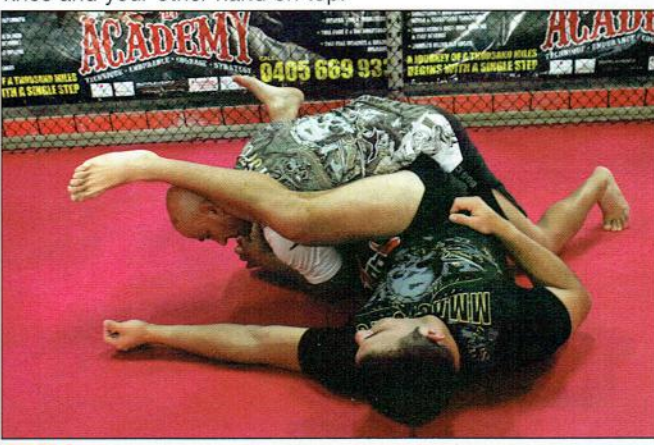
**STAGE 1.** Finishing in side control.



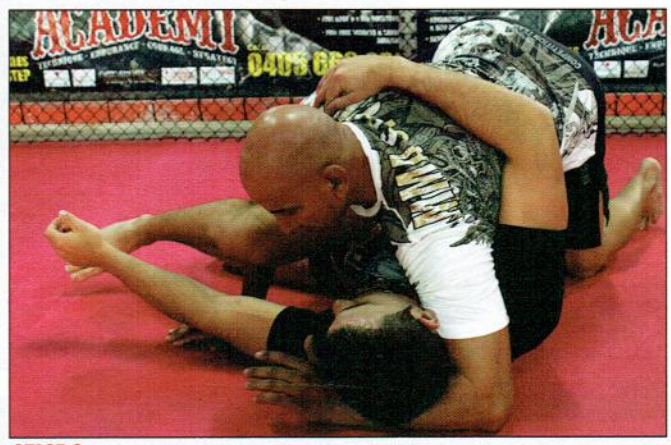
**ESCAPING STAGE 2.** Place the hand that's inside the triangle on his knee and your other hand on top.



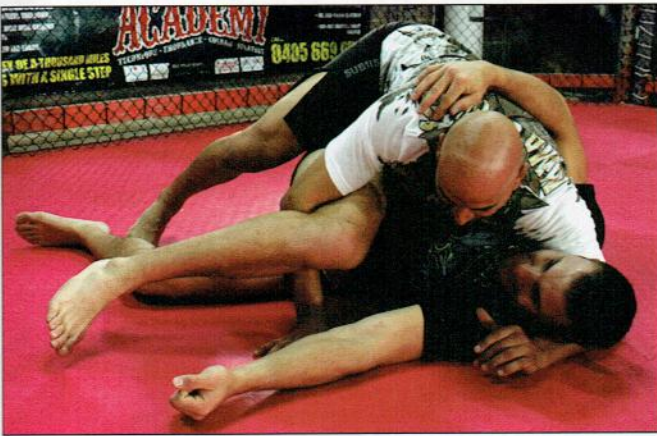
**STAGE 2.** Post your leg up.



**STAGE 2.** Explode on a 45 degree angle releasing the triangle.



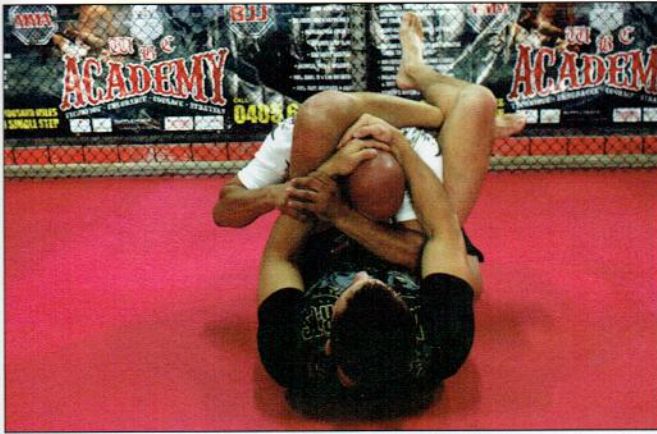
**STAGE 2.** Pass the leg and control his head.



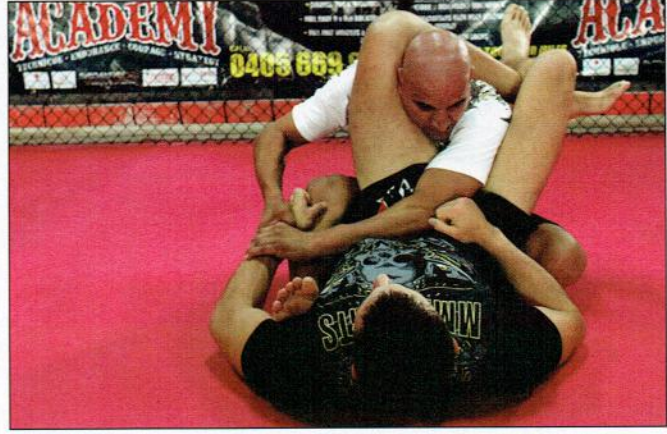
**STAGE 2.** Pass in a controlled manner.



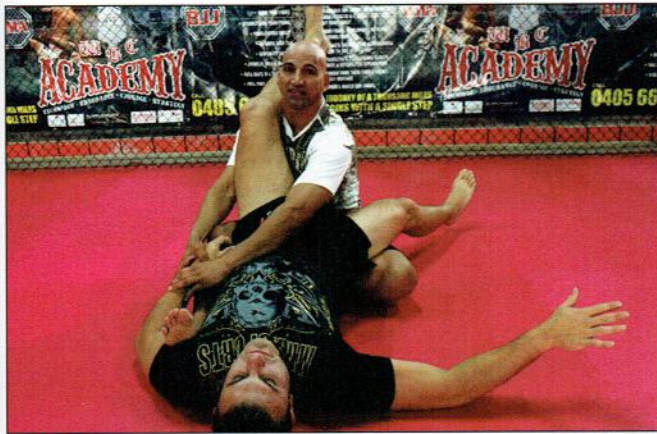
**STAGE 2.** Finish in side control.



**ESCAPING STAGE 3.** Grab 2 on 1 control.



**STAGE 3.** Posture up, get your leg out and sit on your bottom placing your foot in his armpit.



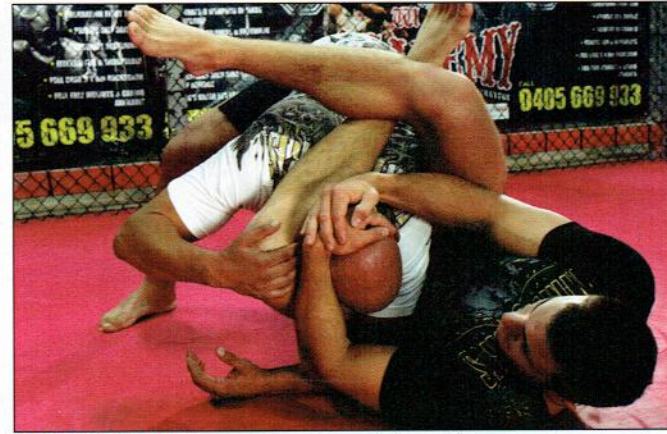
**STAGE 3.** Pull his arm while you put pressure on his bicep with the blade of your foot to get a tap.



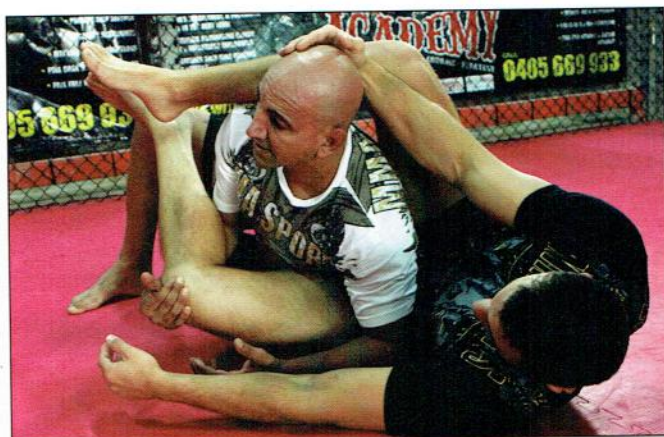
**STAGE 3.** Release the triangle.



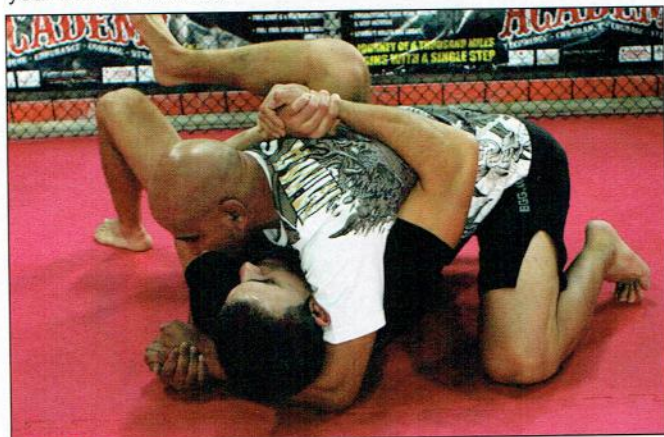
**STAGE 3.** Heelhook finish with a leg tie.



**ESCAPING STAGE 4.** Pace your elbow right to the ground and grab his knee with your free hand.



**STAGE 4.** Explode through switching your hips as if you're placing your back on the mat.



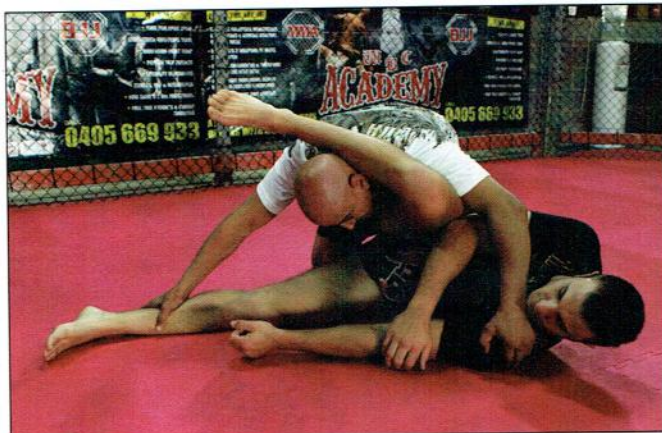
**STAGE 4.** Pass to side control.



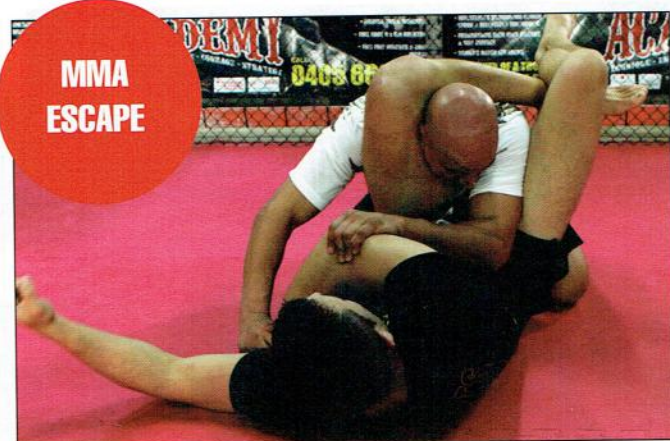
**2.** Twist your body the opposite way.



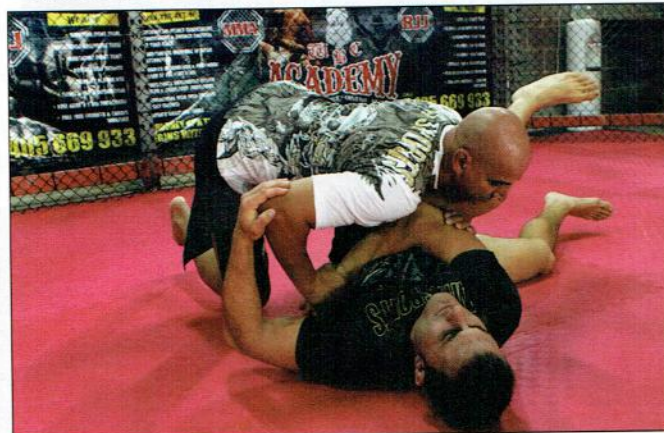
**4.** Begin to fake a pass.



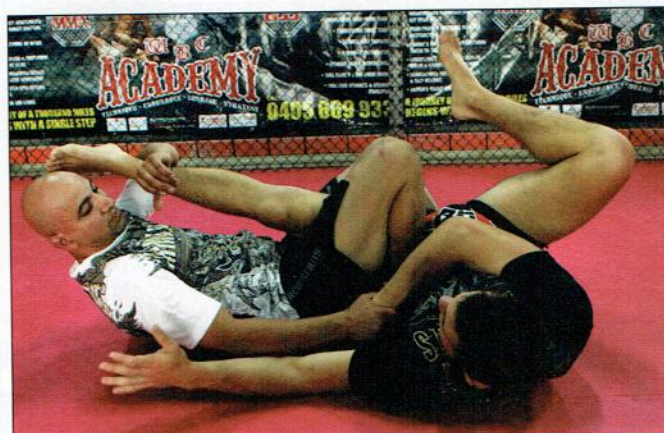
**STAGE 4.** Control his leg and grab opposite shoulder.



**1.** Grab his wrist with your outside hand and place your inside hand behind his elbow twisting his body so that he can't effectively strike you.



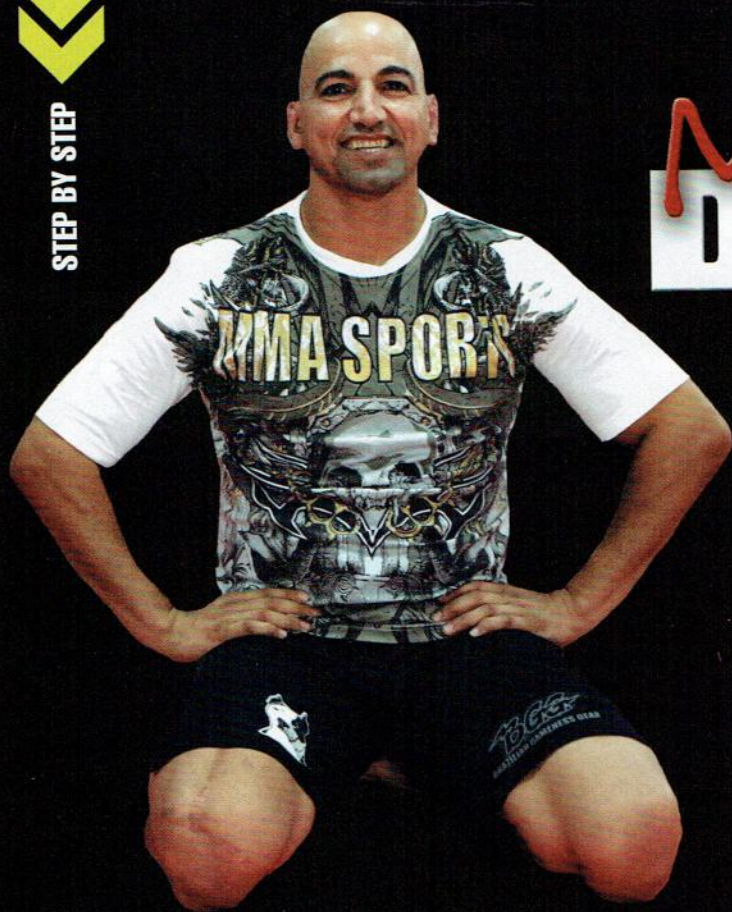
**3.** Release the triangle.



**5.** Finish with a kneebar whilst maintaining hand control to prevent his escape.



STEP BY STEP



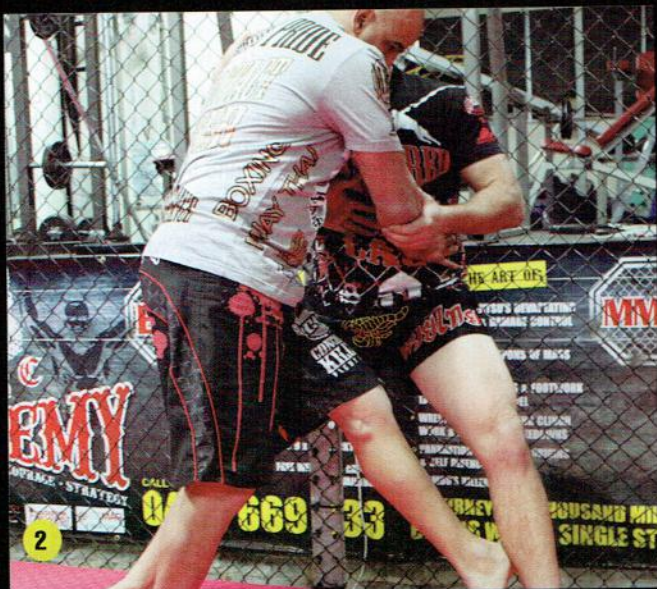
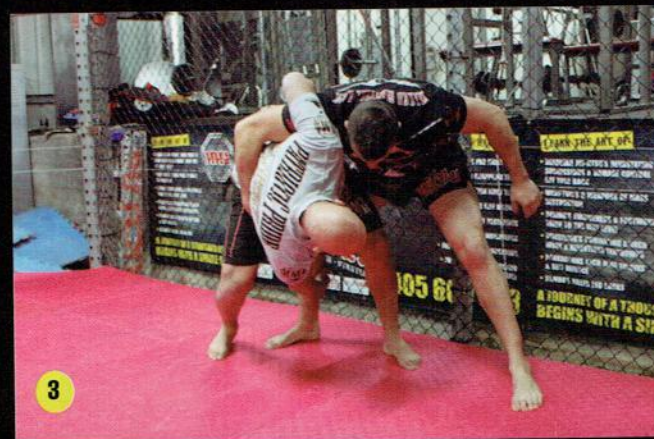
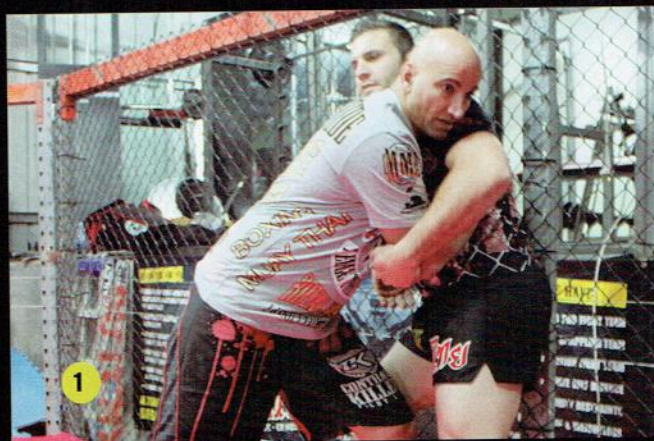
# MMA DOCTOR

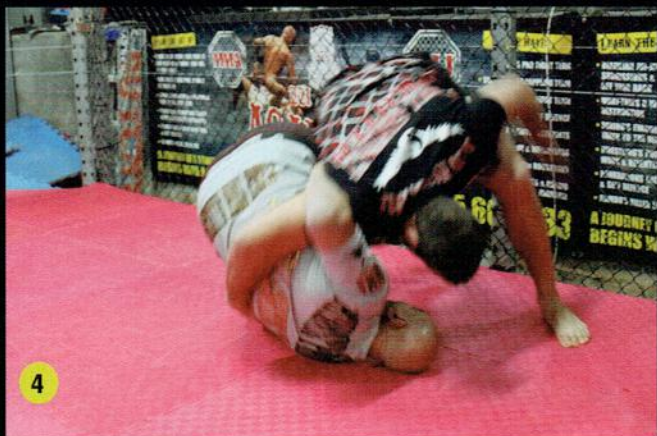
WITH  
**SAM ODISHO**  
*"The Doctor"*

Wouldn't it be nice to have an MMA DOCTOR? Someone who can help you with any technical questions regarding Mixed Martial Arts? We scoured the country to find just that person... Introducing Sam "The Doctor" Odisho. His credentials speak for themselves, A Brazilian Jiu-Jitsu First Dan Black Belt, Pankration Black Belt, TCB Martial Arts Black Belt, Vale Tudo Black Belt, Sambo Grade A and Grade C Gilma Combat Wrestling, amongst other things. Have a question or need help, email him at: [doctor@mmasports.com.au](mailto:doctor@mmasports.com.au)

### MMA Rolling kneebar off the cage

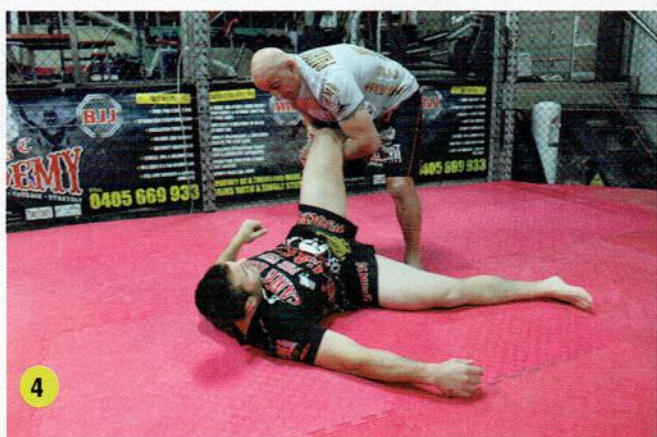
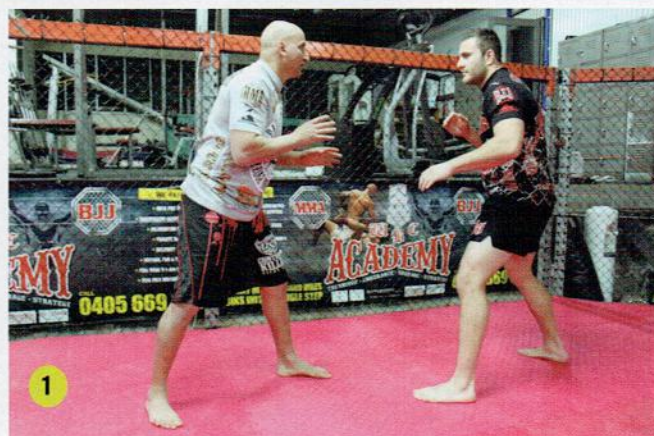
1. Pin your opponent against the cage with an over/under control.
2. Bump his leg out to give him a wider base which lowers him closer to the ground.
3. Keep a tight overhook, grab his leg through yours and forward roll.
4. Maintain a tight overhook and keep hold of the leg as your rolling.
5. Keep the overhook control to prevent his escape, put the blade of your forearm on his Achilles and lay back as you push his leg down with your leg causing it to hyper-extend and get the tap.





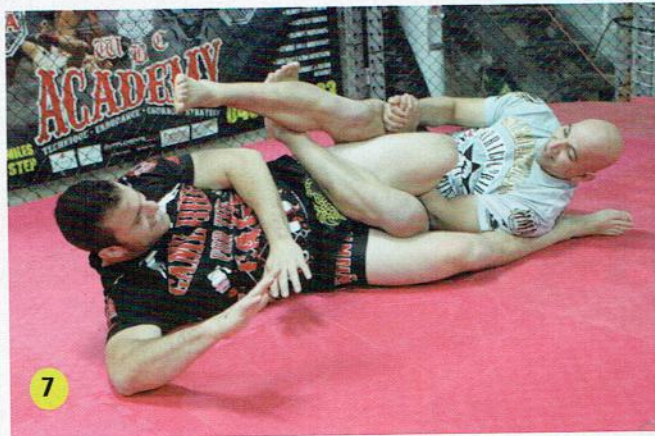
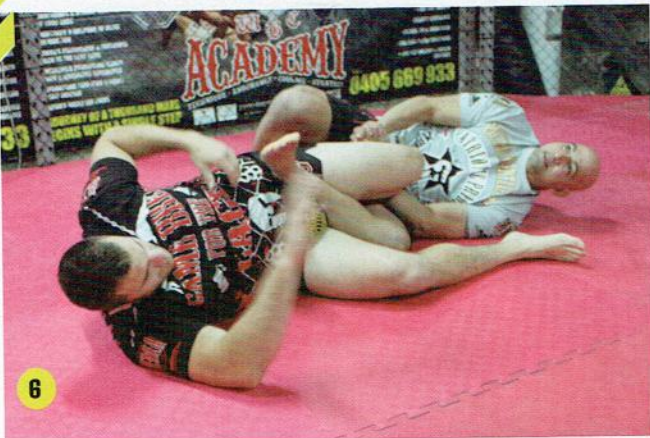
**RUSSIAN SAMBO**  
Kneebuster off a single leg takedown

1. Get close to your opponent.
2. Shoot in and snatch his lead leg making sure your head is on the outside (you would rather defend a guillotine attempt instead of a knee to the face).
3. Gable grip your hands making sure your blade is behind his knee, explosively pop your shoulder on the inside of his leg on a 45 degree angle towards the ground.
4. Make sure his foot is trapped inside your legs and his hip is off the ground ensuring the blade of your forearm is deep behind his knee.
5. Step your inside leg to the outside of his body.
6. Fall on your side.
7. Triangle his leg and squeeze as you pull your arm and straighten your body to get the tap.





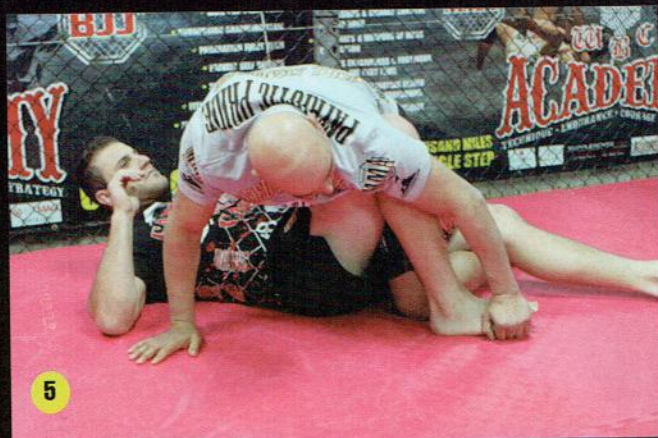
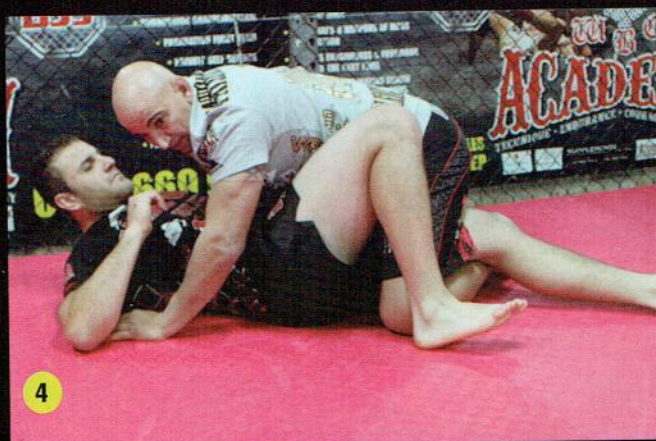
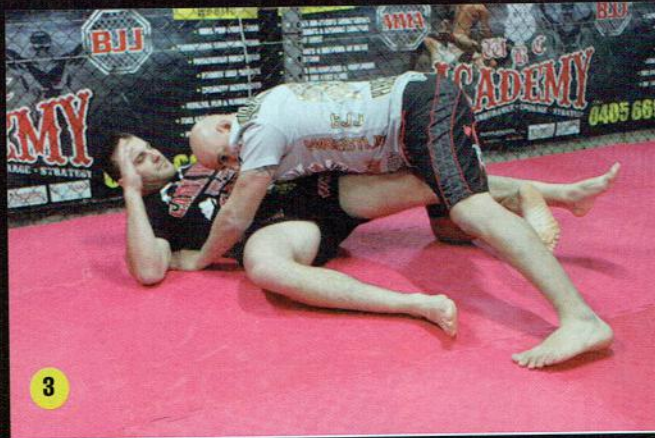
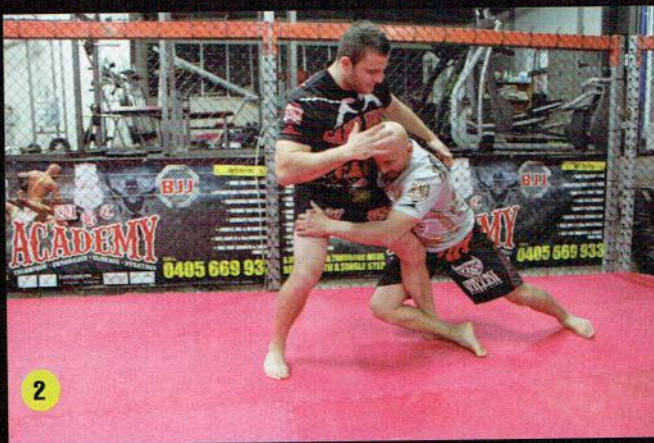
STEP BY STEP



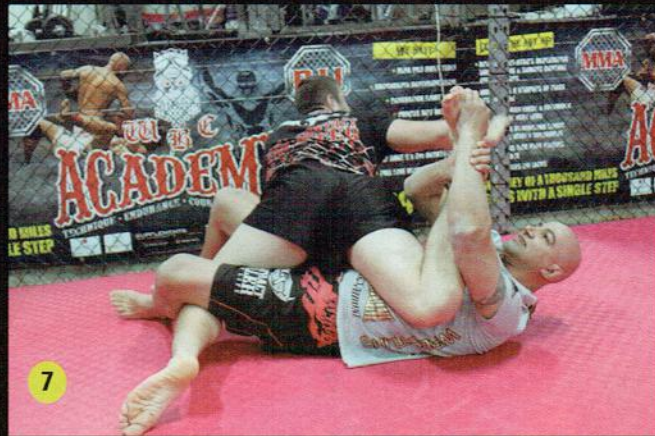
### PANKRATION

#### Rolling toe hold off a shoot and hook takedown

1. I prefer to hit this off a southpaw stance.
2. Shoot in and hook his lead leg and bump his centre for the takedown.
3. Base yourself up.
4. Switch your hooks, making sure your hook is above his knee.
5. Grab his toes and shoulder roll.
6. Figure 4 his foot as your rolling.
7. Apply the toe hold for the tap.



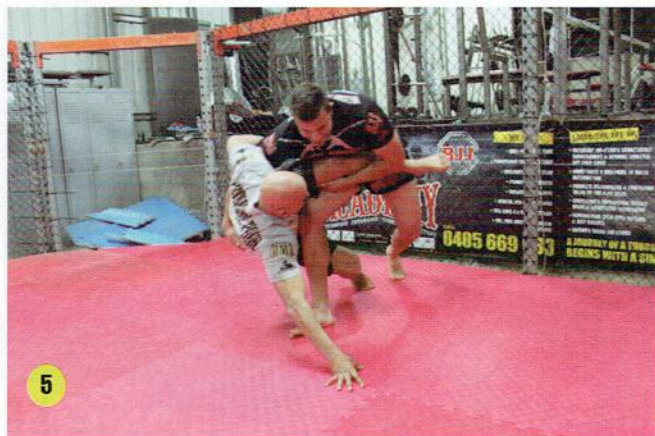
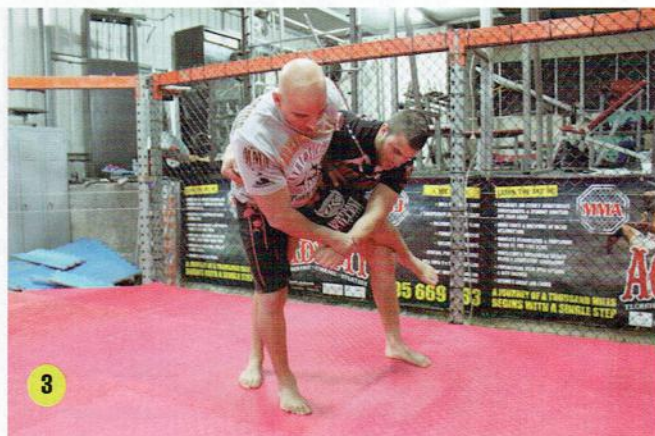




**BRAZILIAN JIU-JITSU**

**Fake outside trip toss to a scissor takedown with a triple attack**

1. Clinch your opponent with an over/under control.
2. Get a deep tight overhead and control his wrist.
3. Fake an outside trip toss to make him posture up.
4. Place your hand on the mat.
5. Place your other leg behind real deep and get the scissor takedown.
6. Maintain a tight overhead and grab his leg on the way down.
7. (different angle)
8. Option 1. Kneebar finish.
- 9, 10 and 11. Option 2. Swivel and shift to get the 50/50 guard, with an inverted heelhook finish.
- 12 and 13. Option 3. He defends the inverted heelhook, you counter with a shin crush.





STEP BY STEP

