




Name:  Submissions

**Japanese:** Kansetsu-waza (関節技) / Shime-waza (絞技)

**Description:** Techniques forcing tap-out via locks or chokes.

**A unified  
encyclopedia for  
all fighting  
techniques – built  
by the community,  
for the  
community.**

## GET IN TOUCH

Contact Ivan  
616-439-4102  
[info@acenji.com](mailto:info@acenji.com)

Website:  
[fightencyclopedia.com](http://fightencyclopedia.com) (coming soon)

GitHub:  
<https://github.com/acenji/fight-encyclopedia>

# FIGHT ENCYCLOPEDIA

**THE DEFINITIVE,  
COMMUNITY-  
DRIVEN MARTIAL  
ARTS KNOWLEDGE  
BASE.**

## Categories Included

- Striking
- Throwing
- Sweeping
- Takedowns
- Clinch
- Submissions
- Positioning
- Escapes & Reversals
- Defence
- Weapons

# WHY WE NEED THIS

Martial arts techniques are scattered across countless schools, styles, and disciplines – striking, grappling, weapons, and more.

Just as nature's wonders like flowers, animals, and stones have been carefully classified over centuries, fighting arts deserve a comprehensive, organized encyclopedia.

# Our Vision

To create a growing, open-source community resource where practitioners, historians, and researchers collaborate to document, classify, and preserve fighting techniques worldwide.

# No technical skills? No problem!

- Browse our GitHub class folder to explore current technique categories and spot missing or incorrect entries:
- [github.com/acenji/fighting-encyclopedia/tree/main/class](https://github.com/acenji/fighting-encyclopedia/tree/main/class)
- Download the technique template, fill it out with your knowledge, and email it to: [info@acenji.com](mailto:info@acenji.com)
- Comfortable with GitHub? Fork the repo, edit files directly, and submit pull requests.
- Join the conversation with fellow contributors on Telegram:
- [t.me/+BG5jS3Ypwek0ZTFh](https://t.me/+BG5jS3Ypwek0ZTFh)

	content
entry Examples	Anaconda From Butterfly Guard Snap Down To Front Headlock
Japanese Name	アナコンダチョーク
Aliases	Anakonda Batafurai Gádo kara Furonto Heddorokku e アナコンダ (Anakonda) = Anaconda   バタフライガード (Batafurai Gádo) = Butterfly Guard   から (kara) = from   フロントヘッドロック (Furonto Heddorokku) = Front Headlock   へ (e) = to / towards
Technical Mechanism	The Anaconda Choke is a classic submission that involves trapping the opponent's head and one arm in a tight encircling grip, compressing the carotid arteries for a quick choke. This variation begins from but Action   Encircling choke applying medial-lateral compression to carotid arteries    Joints/Muscles Affected   Neck muscles (sternocleidomastoid, trapezius), carotid arteries, cervical spine stab
Used In	Butterfly Guard   Use hooks and grips to control opponent's posture → snap down sharply to off-balance opponent    Front Headlock   Transition quickly by threading arm under neck and arou
Competition	Brazilian Jiu-Jitsu   Submission Grappling   Mixed Martial Arts (MMA)   No-Gi Grappling   Catch Wrestling   Combat Sambo Danger: 6/10   Risk of neck compression and vascular occlusion. Can cause unconsciousness quickly if applied without caution. Requires controlled application to avoid injury. IBJJF: Legal   ADCC: Legal   MMA: Legal and commonly used   Judo: Not recognized as a legal submission   Police: Occasionally taught as a control technique
Notes	Butterfly Guard Snap Down to Front Headlock   Butterfly Guard to Rolling Anaconda   Butterfly Guard Anaconda with Arm Drag Setup   Butterfly Guard to Guillotine Transition
Origin	Focus on timing the snap down to off-balance your opponent effectively. Practice threading the arm smoothly under the neck and locking hands firmly. Apply pressure gradually to avoid injury. Drill with compila
Mistakes	Developed in early Aikido schools as a wrist control technique used in self-defense. Poor snap down timing   Incomplete arm threading   Loose hand lock grip   Applying pressure too abruptly   Failing to control opponent's posture before setup
Techniques	High effectiveness in competition and self-defense when timed correctly; very effective in no-gi grappling due to leverage and control from butterfly guard. Slightly less common in gi competition because of gri Guillotine Choke   D'Arce Choke   Front Headlock Series   Arm Triangle Choke   Rolling Anaconda anaconda choke   butterfly guard   front headlock   snap down   submission grappling   no-gi   BJJ   MMA   choke submission   guard attack   joint manipulation   grappling techniques Often integrated into dynamic guard passing and control sequences. Popularized in modern no-gi grappling, it exemplifies the evolution of traditional submissions adapted for faster-paced competition. Effectiv
	Submissions
	Chokes and Strangles
	Anaconda Choke
	Front Headlock Choke
	From Butterfly Guard
	From Butterfly Guard Snap Down to Front Headlock
	From Butterfly Guard Snap Down Anaconda