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An armlock in grappling is a single or double joint lock that hyperextends, hyperflexes or hyperrotates the elbow joint or shoulder joint. An armlock that hyperflexes or hyperrotates the shoulder joint is referred to as a shoulder lock, and an

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armlock that hyperextends the elbow joint is called an armbar. Depending on the joint flexibility of a person, armlocks that hyperrotate the shoulder ...

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