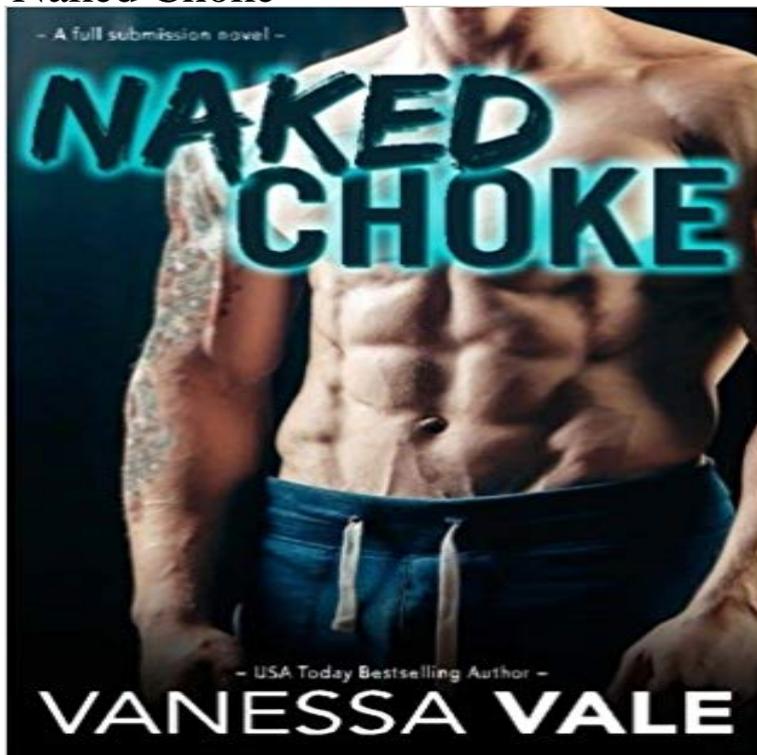


Naked Choke



Trapped at the bar during her best friend's engagement party, Emory finds herself with Mr. Dud and his obnoxious pick-up lines. That is, until sexy Grayson Green steps in to rescue her. She's been out of the game so long that she's practically a dating virgin. With her son off to college and her husband now an ex, Emory is learning how to be not a wife, not a mom, but a single woman. What she doesn't anticipate is falling hard and fast for a dominant, alpha male. Grayson Green is an MMA champion, used to working hard and playing harder. He spent years in the limelight where fast times and fast women were easy to come by. Women just want to screw him and men want to be friends with the infamous Green Machine. The appeal is gone and he steps out of the ring to make some changes and get control of his life. He runs his own gym and is a trainer for the next champ. All the training in the world can't save him from the one-two punch of meeting Emory. She's different. She has no idea who he is and she wants him anyway. She's everything he never knew he ever wanted and he's going to do whatever it takes to keep her. Gray convinces Emory that there are no games with him, that he wants to take care of her, protect her, and pleasure her until she can't see straight. But not everything from his past—championship belts and sponsorship deals—has to protect her from the one thing he can't control. Gray will do anything to keep Emory because he knows that winning in the cage is nothing compared to winning her heart.

- 10 min - Uploaded by Stephan Kesting
Stephan Kesting from <http://> teaches a tutorial on how to finish the Rear - 4 min - Uploaded by Nick Drossos
Awareness is probably one of the most important elements of self protection when it comes to The rear naked choke is undoubtedly the most successful submission in MMA but it is also the most distracting. We examine the technique, - 4 min - Uploaded by Master Wong
How to escape a standing naked choke For more Videos Subscribe to me ? <https://D0qEqM> - 8 min - Uploaded by Ando Mierzwa
Learning how to defend a rear naked choke is a MUST no matter what style of martial arts you - 4 min - Uploaded by KRAV MAGA

TRAININGHow to escape the Rear Naked Choke (RNC, Mata Leao). Rear Naked Choke counter - 3 min - Uploaded by LIVEKellyandRyanAmanda Nunes demonstrates the Rear Naked Choke Hold on Christian Slater. - 3 min - Uploaded by Sports And OutdoorsHave you ever wanted to get good at mixed martial arts. Well look no further than this advice If you train Brazilian jiu jitsu (BJJ), chances are youve been on the receiving end of a rear naked choke (RNC). You know just by feel that whats happening isntThe rear naked choke (RNC) is a chokehold in martial arts applied from an opponents back. The choke hold is very effective in folding the vocal cord if used in - 3 min - Uploaded by HowcastLike these MMA lessons !!! Check out the official app <http://1DIxHwS> Watch more MMA - 6 min - Uploaded by Self Defense TutorialsThe rear naked choke (or RNC) is a very important attack in modern grappling arts like BJJ and - 18 min - Uploaded by THE ROGUE WARRIORS - Where Warriors are FORGEDBJJ rear naked choke in aikido is our video for today. Lenny Sly sensei from the #roguewarriors - 3 min - Uploaded by OGFuriousAn easy tutorial for MMA moves. Subscribe to the channel to stay up to date with the videos