Linux Ubuntu 22.4.5 Manual Pages on command 'runc-pause.8'

$ man runc-pause.8

runc-pause (8"")   runc-pause (8"")

NAME

   runc-pause - suspend all processes inside the container

SYNOPSIS

   runc pause container-id

DESCRIPTION

   The pause command suspends all processes in the instance of the container

   identified by container-id.

   Use runc list to identify instances of containers and their current status.

SEE ALSO

   runc-list(8), runc-resume(8), runc(8).