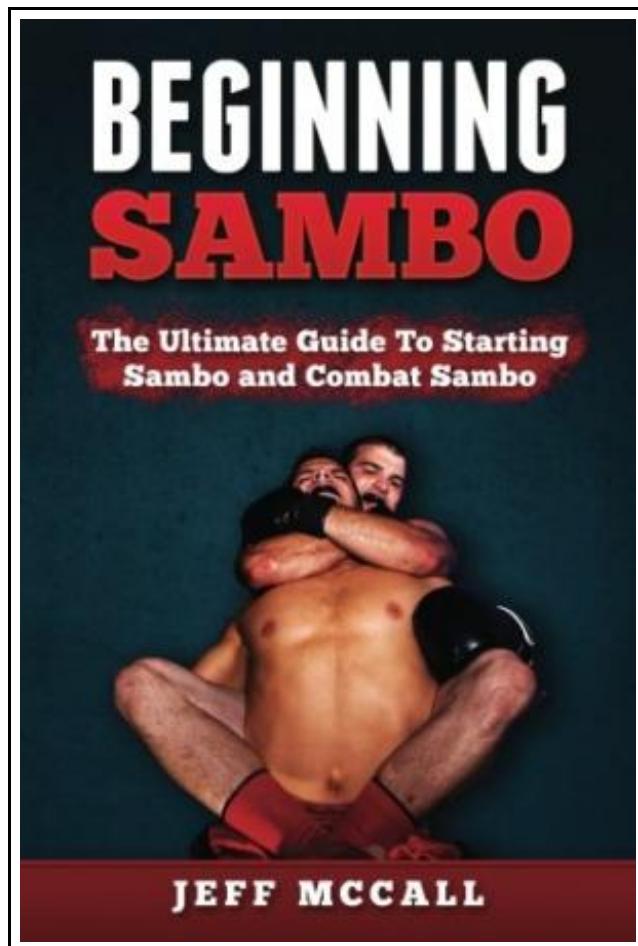


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(Mrs. Winifred Fritsch)

SAMBO: THE ULTIMATE GUIDE TO STARTING SAMBO AND COMBAT SAMBO (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The word SAMBO is an acronym for SAMOzashchita Bez Oruzhiya, which literally translates as self-defense without weapons. Russian Sambo is a martial arts style and self-defense system that was formulated in the former Soviet Union during the early 1900 s. In that sense, it does not have as long a history as some of the Asian styles. That said, Sambo, which is sometimes referred to as Sombo, has roots in several different martial arts types, drawing from many of the older styles. Sambo was meant to be a melding of all of the different martial arts styles available to come up with the most efficient one yet. Living in what amounts to a bridge between Europe and Asia, the Russian people were certainly introduced to a variety of martial arts styles via contact with the Japanese, Vikings, Tatars, Mongols, and more. The combination of what worked from these styles served as the building blocks to what is now referred to as Russian Sambo. Vasili Oshchepkov, the Karate and Judo trainer for Russia s elite Red Army, was one of the founders of Sambo. Like any trainer worth their salt, Oshchepkov wanted his men to be the most proficient of all in martial arts techniques. With a second degree black belt in judo from Jigoro Kano himself, making him one of the rare non-Japanese to hold such a distinction at the time, Oshchepkov felt that he could work to formulate a superior martial arts style by adding what worked from judo to what worked from the Russian native wrestling styles, karate, and more. Getting started in Sambo and Combat Sambo can be daunting. But training martial arts is one of the...



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