



Sambo Encyclopedia: The Throws, Holds and Submission Techniques of Russia s Fighting Sport

Steve Scott

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Sambo is one of the most effective, technically diverse and dynamic fighting sports ever devised. While no single volume can present all the techniques and skills of the Russian sport of sambo, *Sambo Encyclopedia: The Throws, Holds And Submission Techniques of Russia's Fighting Sport* is the largest and most comprehensive sambo book available in the English language. Over the course of 332 pages and with more than 1,200 color photos, the comprehensive *Sambo Encyclopedia* features hundreds of throws, holds, armlocks and leglocks. Author Steve Scott also presents a systematic approach to how the sport of sambo is taught and practiced as well as historical insight on how this fascinating combat sport from Russia came about and developed into an international sport. Whether you are a sambo enthusiast or wish to learn more about sambo to enhance your skills in any other combat sport, this book will prove to be a useful and reliable source of information for years to come.



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