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## Sambo and Systema: Russia's Prominent Martial Arts (Paperback)

By Kevin Secours B Ed, Brett Jacques Ph D, Scott Anderson B a

Via Media Publishing Company, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Russia is rich in martial traditions deriving from a highly diverse population. Sambo-developed by the Soviet Red Army-became the most recognize martial art associated with Russia mainly because of its presence in international competitions. Another style to become recognized for its great practicality and encompassing training regimen is Systema. Originally created for Russian Special Operations Units, Systema's teaching gradually spread world-wide after the fall of the Soviet Union in 1991. This anthology contains writings about Systema and Sambo that present essential information for anyone interested in the history, theory, and practice of these combative systems. In the first chapter, Kevin Secours shows that ground fighting and grappling are necessary components of a complete tactical arsenal. Specific emphasis is on the role of defending the takedown in a modern survival scenario. In chapter two he summarizes the prevailing theories and findings pertaining to the science of fear as it relates to surviving violence. How these findings have been interpreted by modern combative systems in the West are compared with approaches to the traditional Russian martial arts and their application...



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