



# **Sambo: Beginning Sambo: The Ultimate Guide To Starting Sambo and Combat Sambo (MMA, Submission Grappling, BJJ, Judo, Wrestling, Sambo, Mixed Martial Arts)**

*Jeff McCall*

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3rd Edition Just Released! No Increase In Cost! Limited Time Offer At This Price!**

Getting started in Sambo and Combat Sambo can be daunting.

But training martial arts is one of the most beneficial things I've ever done, mentally and physically, but getting over the beginner's hump was where a chunk of those benefits come from.

Thankfully the Internet now allows us to learn more easily from those who came before us.

The word "SAMBO" is an acronym for SAMOzashchita Bez Oruzhiya, which literally translates as self-defense without weapons.

Sambo is relatively modern since its development began in the early 1920s by the Soviet Red Army to improve their hand-to-hand combat abilities.

Intended to be a merger of the most effective techniques of other martial arts, Sambo has roots in Japanese judo and various international styles of wrestling.

## **Here is what you will learn in Beginning Sambo: The Ultimate Guide**

- What is Sambo?
- Where did Sambo originate?
- Who invented Sambo?
- Do the Russian Military use Sambo?
- What is the difference between Sambo and Combat Sambo?
- How does Sambo differ from Judo?
- How does Sambo differ from Brazilian Jiu-jitsu?
- What happens in the average Sambo class?
- Is Sambo right for Women?
- How often should I train Sambo, as a beginner?
- Is Sambo just a sport, or will it teach me self-defence?
- I'm really out of shape: Do I need to get fitter before starting Sambo?
- What are the belt ranks in Sambo?
- I'm getting frustrated with my lack of progress: how can I overcome this?
- Guide To Rolling/Sparring

- I get tired quickly when sparring: what can I do?
- I'm scared of sparring what should I do?
- How do I avoid injuries in Sambo and Combat Sambo?
- I'm worried about getting cauliflower ear: how do I avoid it?
- **Beginner Sambo Techniques (With Videos)**

## Would You Like To Know More?

Download and begin your Sambo and Combat Sambo journey.

Scroll to the top of the page and select the buy button.

**Tags:** MMA, Mixed Martial Arts, UFC, Vale Tudo, BJJ, Brazilian Jiu-Jitsu, Wrestling, No Holds Barred, Judo, Boxing, Sambo, Sambo, Combat Sambo, Freestyle Sambo, Wrestling, Judo, Fedor Emelianenko

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