

## What is Sambo?



Sambo originated in Russia (former USSR) in 1938, as a hand to hand combat method for soldiers. Literally, Sambo is an acronym for the Russian phrase, "Self defense without weapons", (Som-oborona Bes Orusyia). Combat Sambo involves throws, takedowns, striking techniques, weapons & removal... This is "Combat Sambo". Over the years Sambo has developed into a sport of world structure, having been recognized as such in 1968 by the International Amateur Wrestling Federation. Sambo was classified as the third wrestling discipline alongside Freestyle & Greco Roman. Sport Sambo involves throws, takedowns, groundwork & submissions... This is "Sport Sambo". ULTIMATE SAMBO offers training in both Combat & Sport Sambo.