SAMBO (unarmed self-defense) (reduction of words “self-defence without the weapon”) - the form of sport fight, which was being born in the USSR. It is the one who occupied by the fight of SAMBO (unarmed self-defense), physically is developed well, it gets accustomed to act in the situation of single combat, it seizes the methods, which make it possible confidently to act for the self-defence.

To master “the secrets” of SAMBO (unarmed self-defense) is not simple. Technology and tactics of this form of sport is so varied, what to attain craftsmanship is possible, after spending on regular occupations not one year.

The most reliable way to the mastery of craftsmanship in SAMBO (unarmed self-defense) - to enter the section, where the occupations are passed under the management of experienced trainer. Such possibilities have far from all. In this case it is possible to independently organize occupations with the Jacks, the military patriotic clubs, school and T. p.

Purpose of article - to give to those desiring to be occupied by SAMBO (unarmed self-defense) initial information on the organization of occupations.

In order to organize occupations, it follows:

1. To complete group. In the large group to improve methods better. It is desirable so that in each occupation there would be an even quantity of those occupying.
2. To draw to the occupations in the manager's quality of experienced athlete or trainer. It is possible for the management to isolate the most physically prepared person, who on the first times will fulfill duties of trainer.
3. The members of group must pass the medical examination and obtain the permission of doctor to the occupations by the fight of SAMBO (unarmed self-defense). Information to return to trainer.
4. Trainer is prepared for conducting of occupations. Initially to it they will help the recommendation of this article. Then it is necessary to acquire special educational methods literature, it is desirable the book e. [Chumakova] “one hundred lessons of the fight of SAMBO (unarmed self-defense) ”, the rule of competitions.
5. For each lesson should be written the summary of occupations, which reflects its content ([obshcherazvivayushchie] and special exercises, methods and the forms of struggles).
6. To equip place for the occupations. In winter occupations are passed to accommodation on the specially equipped carpet. Carpet is made from the [bortsovskikh] or gymnastic mats, covered with cloth or synthetic casing. If there is no possibility to reach mats, then carpet can be made from another soft material, blankets, carpets, felt, sawdust, straw and others.
7. In summer exercises can be conducted in open air. For the occupations they dig the pit with a depth of 20-30 cm and they fill with its branches, sawdust, grass, leaves and T. p. They pack and cover with material.
8. The dimensions of carpet are such that to each that occupying it would be fallen not less than 4 sq.m of area.
9. Form of those occupying: melting, cowards, jacket- SAMBO (unarmed self-defense) (it is possible to replace with coat) and cloth belt, the boots (it is possible to replace with Czech women, in the limiting case by clean noses edges). On foot-wear and clothing there must not be of metallic and plastic fastenings, buckles, buttons and others.
10. To compose training schedule. Duration of occupations 60-90 min. In the week of 2-3 occupations in one and the same time.
11. To be connected with the federation of the fight of SAMBO (unarmed self-defense). To place it in the reputation about the organization of occupations. To learn the calendar of competitions.
8. Each occupation is divided off on the part: preparatory, basic and final. Preparatory part includes a whole series of the [obshchepodgotovitelnykh] exercises: run, leaps, actions, which make it possible to carry out motions with the maximum amplitude in different joints, especially in the humeral, the elbow, neck, spine, feet. In the second-half of preparatory part are carried out the special exercises of [samostakhovki], and also the motions, which help subsequently to study methods. and to carry out training struggles. In major portion of the occupation are studied and are improved the methods in the struggles (in the fight). For this those occupying are distributed to the vapors. In the vapors are selected equal on weight and growth of partners. In the time of study one carries out method, and another helps it. In this case the partner must not resist. After since one champion will master method, that are occupied they change by roles. Both champions attentively follow the correctness of the execution of motions (method or [samostakhovki]) correct the errors of each other. After the study of methods are conducted the struggles, in which the champions try to carry out methods on the resisting partner. In the struggles it follows to strictly adhere to the rules of competitions. In the process of occupations (struggles) it is forbidden: to throw with seizure for the head, with the seizure to the painful methods, falling on the enemy by entire body, to make the strangling seizures, to press mouth, nose, to deliver impacts, to scratch, to bite, to make painful methods to the spine, to be abutted against the person, to seize fingers, to carry out painful methods in the counter, to seize after cowards, for the sleeves from within. In the conclusion the exercises, which make it possible to put all systems of the organism of those occupying into the state of rest, are given. The sums of occupations are summed up and declarations are done. After occupations it is necessary to be washed out under the warm shower (in the bath). Below you will be introduced to the content of courses. In them are not included the [obshcherazvivayushchie] exercises, which are given in each lesson for the development of such qualities as rapidity, force, adroitness, flexibility, equilibrium and others. The given lessons - this is only diagram, for which it is necessary to adhere to, supplementing with its different exercises for the general development. The dosage of exercises varies depending on physical development, preparedness of those occupying and trainer.

**SAMBO (unarmed self-defense)**

**Lessons 1-5**

**Occupation 1**

- Combatant exercises.
- Run.
- [Obshcherazvivayushchie] exercises to the flexibility.
• [Samostakhovka] with the drop sideways (Fig. 1). Those occupying study end position with the drop, then to this position they come by moving back, from the position sitting (complete [priseda], crouch, counter).

• Thrust by rear step (Fig. 2). Champion carries out thrust, another - method of [samostakhovki] from the thrust by drop on the side.

• Retention from the side (Fig. 3). One champion makes possible for partner to take himself for the retention, then he begins to be freed, being moved with the low expenditure of force, so that the partner could learn to retain the resisting partner. When it learns to retain, it is possible to depart with the total force. In conclusion it is possible to conduct struggle. One champion lies on the spin, without being turned for the stomach and without making possible for another to take himself for the retention. Seconds through 30-40 champions they change by roles, then champion seizes partner, being located from another side.

**Occupation 2**

• After conducting of the [obshcherazvivayushchikh] exercises of limbering-up the champions take up the study of [samostakhovki] with the drop on the back. First is studied end position (Fig. 4), drop by moving back from the position sitting ([priseda], crouch, costing) with the fixation of end position. To repeat the drop on the side, studied on the 1st lesson, after adding passage into the end position by moving from one side to another and the drop through the stick back (Fig. 5).
• Study of thrust by lateral hewing (Fig. 6). Learns the thrust, when partner costs, without moving foot, then is studied thrust by the hewing, when partner is moved (stepping back, it moves to the side).

• Revolution by the seizure of hands from the side (Fig. 7). To overturn to the back of partner, who stands on all fours. After revolution to carry out retention on the side. First partner does not resist. After mastering [sambistom] of the method of revolution the partner can resist after seizure, then it can resist and not give to take its hand.

**Occupation 3**

• Study of the methods of [samostrakhovki] with the drop forward with the support on the hands. First are carried out exercises from the initial position of support lying - flexure and straightening the hands. Then is carried out from the same initial position cotton by the palms before the breast, being repulsed and coming again after cotton into the support lying. From the initial position being worthwhile on the elbows of hand for the back to fall forward on the hands, without concerning by the breast of carpet, hands amortize, being bent (Fig. 8). The same exercise to carry out from the position costing.

• Thrust by hook from within (Fig. 9). Partner costs, having widely arranged feet. To hook from within its foot and to stretch to itself, pushing from itself - downward.
- Painful method by the lever of the elbow through the thigh (Fig. 10). Method is conducted after the fulfillment of retention on the side. To take the forearm of that attacked and to finish harvesting to the thigh of the foot, which lies on the carpet, so that the arm would lie down on the thigh, and forearm descended to the carpet between the feet. At the moment of the total straightening of hand the partner must say “to eat” or to slap by free hand throughout the body of that conducting method or along the carpet. Conducting method ceases on this signal. After since both champions carried out method, struggle is conducted. One champion takes another for the retention and he attempts to carry out painful method, and it resists by another. Through 20-30 s the champions change by roles.

**Occupation 4**

- In preparatory part together with other exercises, and also studied previously methods of samostrakhovki are included the somersaults forward (Fig. 11), the drop through the stick forward (Fig. 12).

- Thrust by front step (Fig. 13). To be turned by back to the partner, to place foot so as to be rested by thigh into his foot higher than elbow, to throw forward before itself. That falling carries out samostrakhovku in the drop on the side.

- Retention across (Fig. 14). Beds on top across to the breast of enemy, to retain his hands or hand and leg.

- Struggle for the retention across. After seizure that retained is attempted to overturn for the stomach. Then conditions are complicated: one lies on the spin, and by another it attempts to take it for the retention.
• Struggle at the position lying. Both champions lie down on the back and on the signal they are attempted to overturn and to take partner for the retention. It conquers the one who it had time to earlier take enemy for the retention.

**Occupation 5**

• [Samostrakhovka] with the drop from the thrust through the head (Fig. 15). Beginning [kuvyrok], champion after contact by the blades of carpet caves in and passes to the position, shown in the figure.

![Figure 15](image1)

• Thrust through the head (Fig. 16). Sitting down nearer to the legs of partner and being abutted by foot against his stomach, to move the enemy across itself. Partner carries out [samostrakhovku], studied earlier.

• Painful method - by lever of the elbow through the forearm after retention from the side (Fig. 17). Champion after retention on the side releases the head of partner and seizes his arm, on top seizes the forearm of the hand of partner and unbends it.

![Figure 17](image2)

• After the study of method the struggle is carried out. One of the position of retention must conduct painful method, it resists by another. Then they change by roles.

**SAMBO (unarmed self-defense)**

**Lessons 6-10**

**Occupation 6**

• [Samostrakhovka] with the drop back with the turning and the support on the hands (Fig. 18). Costing champion it falls back from the position, in the drop it is turned with the support to the hands (see occupation 3). Turning is executed hearth least possible angle to the carpet.

![Figure 18](image3)
• Study of thrust by destabilization by push (Fig. 19). That attacking pulls enemy to itself and downward. Then pushing enemy from itself - downward, attacking overturns him to the back. Partner carries out [samostrakhovku] with the drop on the back by moving.

• Study of revolution by lever (Fig. 20). Partner stands on all fours, after lowering head and after arranging hands. To become on the side from the enemy facing his head, to place one hand on the neck and to take this hand by other hand from within. That attacking pulls hands upward - to itself, and the head of enemy it inclines downward and, beds by breast forward to the hand of enemy, turns over him to the back.

• After the study of method the champions must try to overturn each other, resisting after seizure. Resistance can be rendered only with the muscle tension.

• At conclusion of lesson to conduct struggle in the fight lying. It is possible to use all studied revolutions, retention, painful methods.

**Occupation 7**

• Repetition of [samostrakhovki] with the drop back on the back through the partner (see occupation 4).

• Thrust by the seizure of feet (Fig. 21). Champion seizes the legs of partner and raises it upward. Partner falls back, carrying out [samostrakhovku] as this studied earlier.
• Withdrawal from the retention from the side sitting down (Fig. 22). Partner carries out retention on the side, [vynosya] both feet forward in the direction to the head of enemy. To raise feet and, lowering them, sharply to sit down, after overturning it to the back.
• Struggles to the fulfillment of methods at the fight lying.

**Occupation 8**

• In limbering-up to include exercises on the bridge. They prepare for the protection from the retention and the painful methods, to [samostrakhovke] with the drop on the head. To lie back on the carpet, then to cave in and to arise to the bridge, concerning by the forehead of carpet and with the possibility by chin. To carry out this motion of 8-10 times. Then to make the same, after turning preliminarily head (first into one, then to other side) (Fig. 23).

• Thrust through the thigh with the seizure of belt (Fig. 24). Being turned by back to the partner, by basin to line its feet back - upward and to throw before itself. Partner carries out [samostrakhovku] by drop on the side.

• Painful method - unit across (Fig. 25). After retention across attacking seizes by similar hand the forearm of the distant hand of enemy in wrist, is superimposed brush it on top and forces the seized forearm against carpet, another hand it brings under the arm of partner, seizes on top forearm by its hand. Revolving the arm of the seized hand of enemy, painful method to the signal about the delivery is carried out. After fulfillment one should try to make the method, when partner after seizure resists conducting method.

• Struggle at the fight lying to the fulfillment of the studied methods.

**Occupation 9**
• To make exercise “getting up to the bridge from the position costing”. This exercise makes it possible to manufacture the habits of [samostrakhovki] with the drop on the head (Fig. 26[a]). First exercise is carried out with the aid of the partner. If champion has a good flexibility and smoothly he descends to the bridge, then it is possible to try to become to the bridge without the aid of partner (Fig. 26[b]).

• Revolution with the seizure of arm and leg from within (Fig. 27).

• Struggles in the counter (one it attacks, by another it protects), after 2-3 min the champions change by roles.
• Struggles at the fight lying. 2-3 min it is possible to carry out any of the studied methods.

**Occupation 10**

• Repetition of the studied methods of [samostrakhovki] (drop on the side from a height of 20-30 cm, from the bench, chair). The same to the back.

  • Thrust by pickup (Fig. 28). To be turned by back to the partner and to line by foot his distant foot from the front.

• Withdrawal from the retention on the side, being twisted out (Fig. 29). To free the seized hand by jerk to itself and, being turned by breast to the partner, to overturn to the stomach.

• Struggles to the withdrawal from the retention on the side.
• Struggles at the counter and lying (it is possible to carry out all methods).

**SAMBO (unarmed self-defense)**

**Lessons 11-15**
Occupation 11

- In the limbering-up to repeat [samostrakhovku] from occupation 4 (Fig. 12). Then to complicate its fulfillment, being located first in 2-3 steps from the stick, approaching it by rapid steps and carrying out seizure, to make [kuvyrok] through it without the stoppage. It is possible to even more complicate the fulfillment of this method, approaching a stick by run.
  - Thrust by front hewing (Fig. 30). Lining the opposite leg of partner into the forward section of the shin, by the jerk of hands to force it to fall forward. [Samostrakhovka] by drop on the side.

- Struggles to the fulfillment of hewings. Task of partners “to catch moment ”, to line foot and to carry out thrust, without spending many forces.
  - Withdrawal from the retention on the side, wringing out head by hand and by leg (Fig. 31). Champion wrings out the head of partner first by hands (hand), then he fills up foot and overturns partner to its feet.

- Struggles at the fight lying to the retention on the side and the withdrawals from it.
- The struggles, in which it is permitted to carry out all methods, studied earlier.

Occupation 12

- In limbering-up is included [samostrakhovku] with the drop through the post back on the back (Fig. 32). Two occupying hold post for the ends at the level of elbows. That carrying out exercise, falling back, sits down itself through the post on the carpet, and then is rolled to the back.
• Thrust by hook from within by institution (Fig. 33). At the moment of the institution (action, as result of which the enemy makes step for that attacking), without giving to enemy to arise by foot to the carpet, to line by its, after hooking shin from within. To simultaneously make a jerk hands, transferring the weight of the body of enemy to the hooked foot.

• Thrust - heaping up by [zashagivaniem] (Fig. 34). Partner stands on the elbow (elbows), the conducting method - in the counter. To sharply stretch partner to itself - downward and, having simultaneously stepped over through it, to overturn to the back.

• Struggle - initial position of champions one on the elbows, another in the counter. Task - of making retention.

• Struggle - one attacks, it protects by another. After 4-5 min the champions change by roles.

**Occupation 13**

• In limbering-up is included the exercise of [samostrakhovki] with the drop back on the forearms (Fig. 35). That occupying, caving in, begins to be slanted back, then makes turning to 180° and it falls on the stomach with the support to the coupled hands.

• Thrust by pickup (Fig. 36). That conducting is turned by back to the partner, and then lines the legs of enemy from the front, partner carries out [samostrakhovku], falling sideways.
• Retention from the side of head (Fig. 37). Enemy lies on the spin, attacking is located from the side of his head on the elbows, being forced by breast against the breast of enemy and after divorcing widely to the sides of foot, attacking seizes the belt of that attacked.

**Occupation 14**

• In limbering-up to include the exercises of [samostrakhovki] with the drop to the side with the support on the hands (Fig. 38).

• Thrust through the head with the support by shin into the stomach (Fig. 39). Champion seizes through the similar arm the belt of enemy on the spin, one foot is placed between the legs of enemy, another is abutted by shin against stomach - it falls on the back, carrying along it after itself, it moves through itself by the push of foot.

• Jamming of Achilles tendon (Fig. 40) - the painful method, carried out by pressure by the radius into the region of the Achilles tendon during capture of the leg of enemy under the arm. Unbending the foot of the seized leg of enemy and forcing it against its side, attacking head of the radius shifts Achilles tendon to the side and it presses under it.

• Struggles in the parquet.

**Occupation 15**

• [Samostrakhovka] with the drop sideways back through the partner (Fig. 41).
• Thrust with the seizure of heel from within (Fig. 42).

• Withdrawal from the retention across by the seizure of neck and by support by forearm into the stomach (Fig. 43).

• Struggles with change in the partners.

**SAMBO (unarmed self-defense)**
**Lessons 16-20**

**Occupation 16**

• [Samostrakhovka] with the drop sideways forward through the partner (Fig. 44).

• Thrust by the seizure of feet, their [vynosya] to the side (Fig. 45).
• Withdrawal from the retention on the side across the bridge with the haul of the enemy through itself (Fig. 46).

• The struggles (partners change counter).

**Occupation 17**

• [Samostrakhovka] with the drop on the breast from the leap (Fig. 47).

• Thrust through the thigh with the seizure of the belt of the partner through the similar arm (Fig. 48).

• Struggles in the seizure of the belt through the opposite arm on 2 min.

• Painful method - by seizure of the hand between legs (Fig. 49). That attacking presses the hand of partner by legs and unbends it.

• Struggle - attacking presses the coupled hands of partner, then it attempts to straighten hand, partner resists.

• Struggle 6 min.

**Occupation 18**
• Study of preparatory exercise for the thrust by sagging - “thrust by the sagging of effigy " (Fig. 51). Falling back, to straighten legs, to line by stomach effigy and to perform by hands jerk upward - for itself. Instead of the effigy it is possible to use a bag, the ball, other objects.

• Revolution by slanting seizure (Fig. 52). That attacking superimposes the forearm of distant hand on the neck of the partner confronting on all fours, it carries out another hand under the arm and the breast and connects hands Pressing on the neck on top and pushing by arm body, is turned over partner to the back.

• Struggles at the fight lying to the revolutions, the retention and the painful methods.

**Occupation 19**

• [Samostrakhovka] with the drop on the back by somersault in air (Fig. 53).
• Thrust by front step with the seizure of arm and leg (Fig. 54).

• Retention by the top with the seizure of hands (Fig. 55).

• In the counter of struggle to the thrusts by feet. At the fight lying of struggle to the retention and the withdrawals from them.

**Occupation 20**

• [Samostrakhovka] with the drop by somersault forward through the arm sideways (Fig. 56). To carry out costing on the elbow, then from the position costing and, finally, from the motion (by step, by run).

• Front hewing with the drop (Fig. 57). Carried along after itself partner to hew by sole into the lift of sole or the lower part of the shin, attempting to toss up it upward or to interfere with advancing forward foot.

• Lever of the elbow through the forearm from the position of lower (bed to the back) (Fig. 58).

• Struggles in the position - one on all fours, another on top.
• Struggles at the counter and lying.
SAMBO (unarmed self-defense)
Lessons 21-25

Occupation 21

- Repetition - thrust of effigy by sagging in the drop.
  - Revolution with the seizure of arm and leg outside (enemy it stands on all fours) (Fig. 59).

- Thrust by lateral hewing with the crossing of feet (Fig. 60). Lateral hewing must be carried out at the moment, when the leg of enemy is not loaded. For example, during the motion to the right enemy crosses feet, placing the leftist of from behind right. When it begins to raise from the carpet right foot in order to transfer it to the right and create steadier position, it is necessary rapidly to hew by its foot of left foot. If enemy in the right counter moves around the champion to the left from it and he does not cross feet, then at the moment of setting its right leg to the carpet it follows by the jerk of hands to transfer to it the weight of enemy and to sharply stretch by left hand to himself and a little downward, but right - from himself and a little upward. From this body of enemy it will be turned to the left, then left foot will begin to be crossed after the right. In order to leave this unstable position, enemy will transfer his weight to the left foot, and it will attempt to set aside to the right right. When it will raise right foot, it is necessary immediately to hew it.
- Struggles with change in the partners to the hewings.

Occupation 22

- [Kuvyrok] forward from the chair.

- Thrust by pickup from within (Fig. 61). At the moment of spin reversal to the partner supporting foot to place between his feet.
• Retention on the side with the seizure of hands (Fig. 62).

• Struggles with the one-sided resistance to the thrusts by feet. On the signal of trainer the champions change by roles.
• Struggles for the improvement of individual technology.

**Occupation 23**

• “Flight-[kuvyrok]” through the lying mat, the partner or through the chair.
  • Thrust through the head with the seizure of the belt through the similar arm and with the support by shin into the stomach (Fig. 63).

• Painful method “opposite unit " across (Fig. 64).

• Struggles in the counter with the passage into the fight lying, to carry out painful methods.

**Occupation 24**

• [Kuvyrok] back from the elevation (chair).
  • Thrust through the head with the seizure of neck on top and the bodies from below (Fig. 65). Enemy in the low counter holds feet by straight lines. To take enemy by one hand for the neck on top, and body from below (under the stomach). Hanging on the neck of enemy, to sit down more deeply among his feet and to move across itself.
• Unit by foot (Fig. 66).

• Struggles with the one-sided resistance at the counter and lying 2 struggles X of 2 min.

• Struggle.

**Occupation 25**

• [Kuvyrok] forward from the takeoff with the object (weight, ball).

• Front step from the elbow (Fig. 67). Being turned by back to the partner, to get on the side on knee, carrying along after itself enemy forward - to the side.

• Withdrawal from the retention across, deriving hand and head from under the body of partner (Fig. 68).

• Struggles with change in the partners.

**SAMBO (unarmed self-defense)**

**Lessons 26-30**

**Occupation 26**

• The repetition of [samostrakhovki] with the drop forward on the side, partner supports for the hand.
• Thrust through the back with the seizure of the hand through the arm (Fig. 69). After turning to move the partner across itself.

• Retention on the side without the seizure of hand under the arm (Fig. 70). Sitting down on the side, the conducting method seizes by the neighbor hand of enemy for the neck, by other hand - for the jacket in the arm of neighbor hand and forces by its its head against his head.

• Struggles with the one-sided resistance in the counter of 2 struggles of X 3 min.
• Struggles at the fight lying.

**Occupation 27**

• Repetition of exercises - thrust by the sagging of effigy or bag.
  
  • Thrust by [obvivom], sitting down (Fig. 71).

  • Painful method - unit by foot from below (Fig. 72).

• Command struggles in the counter - 2 men. X 2 (loss - contact of carpet by anything, besides the soles of feet). Two can attack one.
  
  • Struggles for the retention in the parquet.

**Occupation 28**
• Exercise- somersaults two together at the position lying (to the side).
  • Thrust by sagging (Fig. 73). To take partner for the hand and body, to force against itself and, falling back and caving in, to throw him through its breast and arm to the carpet.

• Retention across with the seizure of distant similar hand outside (Fig. 74).

• Struggles with the one-sided resistance for the retention.
• Struggles in the counter.

**Occupation 29**

• [Samostakhovka] with the drop back from the small height (ball, bag, chair) on the back by leap.
  • Lateral hewing into the rate of steps of partner (Fig. 75). To do by hands jerk singing arc upward - to the side, simultaneously lining the leg of enemy on the side - outside - from below - upward with the transfer by the enemy of the weight of body to this leg after deviation to the opposite side. To carry out the thrust of the enemy before itself to the back. It must be already hit at the moment of the transfer of weight to the attacked foot.

• Painful method - lever of elbow, pressing foot by thighs after retention from the side (Fig. 76).

• Struggles with the one-sided resistance, to the fulfillment of hewings.
• Struggles according to the rules 6 min.

**Occupation 30**
- Exercises to the equilibrium (on the spot with the closed eyes and with the rotation by head). To make 25 nonstop somersaults on the perimeter of carpet - and to immediately stop costing at the place.
  - Thrust - hook from within for the similar foot (Fig. 77).

- Painful method - lever of elbow with the seizure of the hand between the legs (Fig. 78). Enemy lies on the spin or on the side; attacking on the side, after taking by two hands the rectified neighbor hand. To stretch the hand of enemy upward - to itself and to stop up arm by thighs. Sitting down, to transfer the foot through the neck, then, [naklonyas] to the side of the head of enemy, to transfer through the body another foot and to bind them. The hand of enemy is solidly stopped up between the legs, and the elbow of the seized hand - is abutted against the stomach of that attacking. Pressing the forearm of the seized hand by the forearms of its hands to the breast and caving in, to slowly straighten the hand of enemy to the signal.
- Struggles with the one-sided resistance to the thrust.
- Struggles at the fight lying for conducting of painful methods.
- Struggles.

**SAMBO (unarmed self-defense)**

**Lessons 31-35**

**Occupation 31**

- Repetition of the methods of [samostrakhovki].
• Thrust [otkhvatom] with the seizure of foot (Fig. 79).

• Retention from the side of head with the seizure of hands (Fig. 80).

• Struggles in the counter to the clean thrust (that will conquer, who will carry out thrust “purely”).

• Struggles at the fight lying to the painful methods and the protection from them, arising into the counter.

**Occupation 32**

• Repetition of [samostrakhovki] with the drop from the thrust through the head. [Kuvyrok] forward.

  • Thrust through the head with the seizure of hand and the support by shin into the thigh (Fig. 81).

  • Lever of elbow with the seizure of forearm under the arm after retention by the top (Fig. 82).

• Struggles with the closed (tied) eyes.

• Struggles.

**Occupation 33**

• [Samostrakhovka] - drop on the feet (jumping off from the height to the stops, to the elbows).
• Thrust by [podsadom] from within (Fig. 83).

• [Sposob] of the separation of the coupled hands for conducting the painful method by the lever of elbow with the seizure of the hand between legs (Fig. 84).

• Struggles for breaking of the coupled hands with the one-sided resistance (after 2-3 min partners they change by roles).

• Struggles in the counter, in the neighbor seizure or in the seizure close.

**Occupation 34**

• [Samostrahovka] - somersaults back with the object (effigy, ball and other).
  
  • Thrust with the seizure of arm and leg from within (Fig. 85).

• Retention from the side of feet (Fig. 86).

• Struggles in the counter with the one-sided resistance (after 2-3 min partners they change by roles).

• Struggles at the fight lying with change in the partners (2X3).

**Occupation 35**
• [Samostrahovka] - drop forward on the side through the partner.
  • Thrust by the seizure of hand under the arm (Fig. 87).

• Separation of the coupled hands, bringing hand under the forearm (Fig. 88) and superimposing other on top.

**SAMBO (unarmed self-defense)**

**Lessons 36-40**

**Occupation 36**

• Exercises to the equilibrium (on the lath of gymnastic bench). Motions along the line - imitation of the methods of the fight of SAMBO (unarmed self-defense).
  • Thrust by hook outside -from behind for the distant similar foot (Fig. 89).

• Separation of the coupled hands, being abutted by leg against the arm of distant hand (Fig. 90).

**Occupation 37**
- Exercises with the partner - squatting, inclinations, turnings with the partner on the arms.
- Thrust “by mill” (Fig. 91).

- Withdrawal from the retention from the side of head, revolving in the side together with the partner (Fig. 92).
- Struggle in the counter 8 min.
- Struggle at the fight lying to the withdrawals from the retention.

**Occupation 38**

- Game “eject of the circle ”.
- Thrust by hook by foot (Fig. 93).

- Painful method - lever to both thighs with the seizure of shin under the arm, being abutted by foot against the popliteal bend (Fig. 94). Being abutted by hand against elbow from within and straightening its leg, attacking separates the thighs of enemy until that is given signal.

- Struggles with the seizure by one hand.
- Struggles with the odds (strong champion it loses 4 marks), times of struggle 1-2 min.

**Occupation 39**

- Game is “ cock-fighting " (jumping on one foot, by the push of body to force enemy to touch carpet by two feet).
• Thrust by hook outside (Fig. 95).

• Retention from the side of head with the reverse seizure of hands and its belt (Fig. 96).

**Occupation 40**

• Jumping off from the height to one foot. Leap into the height on one foot.
  
  • Hooks from within with the seizure of foot (Fig. 97).

• Withdrawal from the retention from the side of head, wringing out head and being turned over to the stomach (Fig. 98).

• Competitions in the group to the withdrawal from the retention (it is calculated the number of executed by champion retention and withdrawals from them from the standard position). Time of struggle 20 s.
SAMBO (unarmed self-defense)
Lessons 41-45

**Occupation 41**

- Independent limbering-up of champions.
- Thrust through the head, going in the side, with the support into the bend of thigh (Fig. 99).
- Painful method - unit by foot (Fig. 100). That attacking carries out method - retention on the side with the seizure of neck; enemy, freeing from the seizure hand, derives it to the feet of that attacking and to his head. The conducting method seizes by free hand the wrist of the opposite hand of enemy, wrings out his hand from its body and is superimposed the humeral part of the hand to its neighbor thigh. Continuing to wring out downward the forearm of enemy, the shin of neighbor foot is superimposed on it so that the forearm would be located in the popliteal bend. Moving the heel of leg with the hooked hand under another leg, attacking, raising basin, twists out the hand of enemy in the humeral joint.
- 2 struggles of X 2 min. at the fight lying: competing struggles to the superiority of group.

**Occupation 42**

- Game to the destabilization (to force enemy to touch carpet by anything, besides soles).
- Thrust by destabilization by the jerk with the seizure of hand and neck (Fig. 101).
- Jamming of Achilles tendon, lying on the enemy, with the seizure of opposite shin (Fig. 102).
• Struggles with the one-sided resistance to the jamming of Achilles tendon.
• Struggles to the endurance 20 min.

**Occupation 43**

• Thrust by lateral revolution (Fig. 103).

• Withdrawal and protection from the retention from the side of feet (Fig. 104).

• Combination of methods. After retention by the top passage to the lever of elbow with the seizure of the hand between legs.
• Struggle with change in the partners.

**Occupation 44**

• Limbering-up with the start of somersaults, [samostrakhovki] and T. p.
  • Thrust - lateral thigh (Fig. 105).

• Retention by the top, with the hook of feet (Fig. 106).

• Combination - retention by the top, passage to the painful method the unit of arm (across).
- Struggles according to the rules of competitions.

**Occupation 45**

- Exercises for studying the thrust through the breast (by sagging).
  - Thrust through the breast with the seizure of similar hand and body from the side (Fig. 107).

- Jamming of Achilles tendon by the seizure of opposite foot and by support under the knee of other leg of enemy (Fig. 94).

**SAMBO (unarmed self-defense)**

**Lessons 46-50**

**Occupation 46**

- Rear step with the seizure of hand by two hands and with the drop (Fig. 108).

- Retention from the side lying (Fig. 109).

- Combination - thrusts by rear step with the drop and retention on the side lying.
- Struggles to the thrusts with the drop.
**Occupation 47**

- The combination of thrusts - hewing is lateral, front step.

- Painful method - lever inside (Fig. 110).
- Struggles.

**Occupation 48**

- Limbering-up with the start of somersaults forward - in side.
- After winding with the seizure from the side the similar hand and the belt (Fig. 111).
- Lever to both thighs, seizing foot on the arm (Fig. 112).
- Struggles at the counter and lying.

**Occupation 49**

- Exercises for the thrust “scissors”. Leap to the partner - by one foot to the breast of partner, another - to the thigh.
- Thrust “scissors” (Fig. 113).
• Lever of elbow with the clamp of foot by thighs (Fig. 114).

• Struggles.

**Occupation 50**

• “Scissors” to one foot (Fig. 115),

• Unit of foot by foot (Fig. 116).

• Struggles.

**Classical of SAMBO (unarmed self-defense)**

According to classification a.A. [Kharlampieva], the fight technique of SAMBO (unarmed self-defense) is subdivided into fight technique costing, fight technique lying, passages from the fight costing to the fight lying and passages from the fight lying to the fight costing.

**Technology fight costing**

Into the technology of fight costing they enter:

- Counters, distance, the preparation to the seizures, seizures, the movement and fraudulent motion. Methods the preparation to the thrusts, the initial positions for the conducting thrusts and approaches [k] to thrusts.
- Breakthroughs defensive seizures.
- Insurance and [samostakhovka].
- Broschi.
- Combinations from the thrusts.
- Protection against thrusts.
- Reciprocal thrusts.
Distances

In SAMBO (unarmed self-defense) are distinguished five distances:

1. Distance out of the seizure - [sambisty] not they concern each other and they discover convenient for the attack moment, being moved on the carpet and making all possible fraudulent the motion without the seizures enemy.
2. Distant distance - the champions they seize each other for the sleeves one or both by hands.
3. Average distance - [sambisty] they seize each other for the clothing on the body from the front or by one hand for the sleeve, A another - after clothing on the body from the front.
4. Neighbor distance - the champions they seize by one hand for the sleeve or clothing on breast, and other - for the clothing on spin, the winch or for the foot.
5. Distance close - [sambisty] they clench each other, being pressed by the body one to another or winding foot by foot.

Seizures

Seizures are divided into the basic, the reciprocal, the preliminary and the defensive.

- **Basic by the seizures** with the fight costing they are called such seizures, which they are carried out for that, in order to to carry out thrusts. It [sambist] it achieves them to that moment, when the enemy it will impose its seizure.
- **Reciprocal the seizures** with the fight costing - this such seizures, which it [sambist] it carries out in answer to the seizures enemy, on the basis of given by them conditions. [S] reciprocal by the seizures also they can to be they are carried out thrusts.
- **Defensive by the seizures** with the fight costing they are called seizures, conducted for that, in order to to hinder or to make impossible the conducting by the enemy that or another thrust. However, in determined moment is defensive the seizure it can be it is used [sambistom] for the conducting thrusts.
- **Preliminary seizures with to the fight** - this such seizures, which they give the convenient initial the position for following basic seizures and the conducting with them thrusts.

The thrusts technique

Thrusters are called the methods, with aid of which the enemy from the position of fight costing is discarded to the position of fight lying.

Broschi in essence by the feet

In such thrusts of the foot of [sambista] they act against the feet or the body of enemy and play the decisive role in the thrust. The versions of the thrusts, in which actions by foot precedes the seizure of the leg of enemy, are nevertheless considered as thrusts in essence by feet. Broschi in essence feet share to the steps, hooks, hewings, [podsady] and [podbivy].

- **By steps** they are called such thrusts, with which it [sambist] it substitutes foot from behind, from the front or outside (from the side) the foot or the feet the enemy and it with the aid of the jerk by the hands it falls over itself through it. In the moment the conducting the step both the feet [sambista] they concern carpet. Steps are divided to the front, rear and lateral.
• By hooks they are called such thrusts, with which it [sambist] by foot as it seizes one of the feet enemy, and then it throws it, [vynosya] hooked foot from under the center the gravity the enemy and by hands deriving it body after the area support. Hooks they are carried out by shin, by the heel (Achilles by tendon) and back partly foot. Simultaneous the hook by shin and by the foot one and by that foot after one foot the enemy it is called by [obvivom]. Simultaneous the hook by the foot one foot after popliteal the bend, the second - after it is Achilles the tendon other foot the enemy they are called dual by the hook. Hooks and [obvivy] they can to be carried out as in the counter, so [s] by drop.

• By [podbivami] they are called thrusts, with which the leg of the enemy they line by shin or by the thigh of [sambista] simultaneously with the jerk by hands in direction, opposite to [podbivu]. By pickup it is called thrust, with which the leg of the enemy they line by thigh or by shin from the front, on the side or from within. If rear partly the shin it lines popliteal the bend of enemy, that is the thrust it is called [otkhvatom]. After lining - this thrust, with which front by the part of the shin it lines popliteal the bend of enemy. Special the place it occupies dual after lining, which it is done simultaneously by two feet in counter directions. According to tradition this thrust it is called “by scissors”.

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![Illustrations of wrestling techniques](image-url)
By hewings they are called thrusts, with which by basic action, causing the drop enemy, it appears [podbivanie] foot, shin or the elbow the enemy finger partly sole. Hewings they are divided into front, rear, lateral and the hewing from within. Hewings they can be carried out as in the counter, so [s] by drop.

By [podsadami] they are called thrusts, with which it [sambist] by its by the foot it raises foot or the body of the enemy and with the aid of the hands it turns over it in appropriate direction. [Podsady] they are divided into [podsady] by thigh, by shin, by lift and [podsady] by sole. [Podsady] in the body by the sole or by shin, with which it occurs the thrust the enemy forward through the head throwing, they are called by the thrusts through the head. [Podsady] by shin and by the thigh they can to be produced as in the counter, so [s] by drop. Broschi through head, [podsad] body [s] by seizure of two heels and [podsad] by the lift from within they are carried out only [s] by drop.
Broschi in essence by the body

These are the thrusts, with which it [sambist] partly its body it tosses up feet or body of enemy it moves him through itself. Broschi in essence by body they are subdivided into the thrusts through the pelvic belt, the thrusts through the shoulder girdle, the thrusts through the back, the thrusts through the breast. By Broschi through the pelvic belt is called by the thrusts through the thigh, and the thrusts through the shoulder girdle - “by mills”.

- By thrusts through the thigh they call such thrusts, with which it [sambist] it lines upper the part of the feet enemy by its pelvic by belt and in opposite the direction it makes the jerk by hands. Broschi through the thigh it is possible to make as in to counter, so with the drop.

- “By mills” they are called such thrusts, with which it [sambist] it rolls the body the enemy through its arms, making for this diverse seizures. Broschi “mill” they can to be carried out as in the counter, so [s] by drop.
*By thrusts through the back* they are called such thrusts, with which it [sambist] it rolls through its to the spin the body enemy. Thrust through the back, thrust by the seizure hand the hearth arm and the thrust they are carried out by moving only [s] by drop. Thrust by the seizure hand on arm, reverse the thrust through the back and the thrust by the pulling they are carried out as in the counter, so with the drop.

*By thrusts through the breast* they are called such thrusts, with which it [sambist] it lines the stomach the enemy by the lower part its stomach or two by the hands it helps mount upward it breast and stomach and it throws it to the right or to the left through its breast. Broschi through the breast they are carried out only [s] by drop.
**Broschi in essence by the hands**

These are such thrusts, with which the feet of [sambista] do not concern feet or body of enemy, his body does not fall over itself the body of [sambista]; however, in some cases it can be used as additional fulcrum for the revolution of enemy by back to the carpet. In essence enemy rises, is turned over and throws down to the carpet by the force of the hands of [sambista].

- **Broschi by jerk after the sleeve** - these are thrusts, with which it [sambist] being been located on the the distant the distance the enemy it derives from the equilibrium and it throws on carpet strong by jerk after sleeve. On the tradition they are called by the removals from the equilibrium.

- **Broschi by jerk after the foot** they consist of thrusts, with which one hand it seizes foot, A the second - sleeve, belt, the forearm under the arm or it presses on seized foot. Not foot, not the body [sambista] directly not they influence to the feet and the body enemy. Broschi by jerk after the foot they include thrusts by the jerk for the heel, the thrusts by jerk after shin and the thrusts by jerk after thigh.

- **By thrusts by jerk after two feet** they are called thrusts, with which it [sambist] it seizes both the feet enemy - immediately, or alternately. They they are produced without direct the action by the feet against the feet enemy. In them they enter the thrusts by the seizure two feet, the thrusts [raznokhvatam] two feet and the thrusts reverse by the seizure two feet.
• *By thrusts by the somersault* they are called such thrusts, which they are achieved by jerk of two hands [s] by pressure on head or the blade enemy. In this case the foot of [sambista] they do not concern feet or the body enemy. Broschi by the somersault they consist of the thrusts by the somersault forward and in side.

• *By revolutions* they are called such thrusts, with which it [sambist] the enemy it raises and it turns over by hands in air for the thrust to the back. With the revolutions the foot [sambista] not they concern not feet, not the body enemy. In some the cases it [sambist] he uses the body as additional fulcrum for the lightening the revolution enemy. Revolutions they are divided into front, lateral and rear.

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**Fight technique lying**

Into the technology of fight lying they enter:

• Initial position and auxiliary action.
• Breakthroughs defensive seizures.
• Heaping up.
• Revolutions.
• Retention.
• Painful methods.
• Combinations from the methods fight lying.
• Protection against the methods fight lying.
• Reciprocal methods with to fight lying.

*By breakthroughs of the defensive seizures* the methods of separating the coupled or caught hands of enemy are called. They make conducting painful methods or retention in such situations , with which, you do not be breakthroughs, possible, it [sambist] it would know how to conduct no method.

*By heaping up* the methods of the transfer of enemy from the position are called costing on the elbow or on the elbows to the position lying on the spin. They are auxiliary methods and serve for training of enemy for conducting on it of retention and painful methods.
By revolutions are called the methods, with aid of which of [nakhodyashgosya] on all fours or lying prone enemy they turn over to the position lying on the spin. They are auxiliary methods and serve for training of enemy for conducting on it of retention and painful methods.

By retention are called such actions, with aid of which it [sambist] by its body is forced the body of enemy by back against carpet and without the application of painful methods it retains him in this position in the course of necessary time.

Painful methods

Painful methods - these are the seizures, with the aid of which it [sambist] exerts the influence on the joints of arms or legs of enemy, placing to his thereby in the blind alley.

Painful methods to the joints of the hands

- [Peregibanie] elbow joint. Traditional name - the lever the elbow.

- Unscrewing hand outside. Because of characteristic to the interlacing extremities, these methods they are called by the units.
- Unscrewing hand inward. Such the unscrewing they call *reverse by the units*.

- Jamming biceps.
- Lever arm.
- Painful methods on brush - they be present only in the combat division SAMBO (unarmed self-defense).

**Painful methods to the joints of the feet**

- *By jamming* it is called the pressing the tendons the enemy between it large tibial by the bone and beam or large tibial by the bone [sambista]. They distinguish the jamming it is Achilles tendon and the jamming flounder-shaped (gastrocnemius) muscle.

- [Peregibanie] knee joint. Traditional name - *the lever the elbow*. 
● Painful methods on hip joints.

Passages from the fight costing to the fight lying

● Mixed the combination from the thrusts and the methods fight lying.

● Painful methods, prepared from the counter.

● Transfers to the fight lying and reciprocal the methods of the fight lying against thrusts and the coverings enemy.

Passages from the fight lying to the fight costing

● Getting up.
- Mixed the combination from getting up and thrusts.
- Broschi, prepared from the position fight lying.

**Combat of SAMBO (unarmed self-defense)**

Combat methods - these are the elements of the classical of SAMBO (unarmed self-defense), augmented by new means and components. Here enter dangerous seizures, thrusts, impacts, actions on the vulnerable points of human body, the methods on the use of improvised means and surrounding situation and T.p.

- Impacts by hands. Protection from the impacts by hands.

- Impacts by feet. Protection from the impacts by feet.
- Strangling seizures. Protection from strangling seizures.

- Protection from the seizures and grasps.
- Impacts by knife. Protection from the impacts by knife.

- Impacts by stick. Protection from the impacts by stick.
- Impacts field-engineer by blade. Protection from the impacts by the field-engineer by blade.

- Impacts by pistol. Protection from attack [s] by pistol.
- Bayonet the battle: protection and attack.

- Protection from the impacts heavy by object.
- Use the apprentices means.

- Use surrounding situation.
- Mutual aid and gain.

- Protection from the attack lying.
- Protection from several attacking.
- Tactics group battle.
- Detention and tracking.

- Inspection delayed.
● Binding.
● Special the methods combat SAMBO (unarmed self-defense) (removal of hour; compression and pressure; dangerous thrusts; displacement and the break the vertebrate post).

Michail LUKASHEV

CREATION OF SAMBO
(Born in of tsar's of prison to of die in Of stalin's of one)

Finally, I have of this of file, titled: “USSR. NKVD. Moscow of region' of department. Case No.2641 about of accusation Of oshchepkov of the V.S. according to of clause of 58 article 6 of Russia' Of criminal Of code. Vol.1". Thin, very of worn of file of from of dirty-yellow of cardboard, including of the of tragical of fate of of beautiful of man. How of long of was my of way to of this of file!

Sambo of textbook of coverAll of things of began at of cloudy of december's of day of of 1947, of when I read in “Of ogonyok” of magazine a of fascinating of story by Of rahtanov: “History of of sambo”. By clever and live of language of there of was of written of the of story by Of anatolii Of kharlampiev - how he, due to of his of father's of advice, created of soviet of system of of free-style of wrestling and self-defence - sambo. He of travelled of through of almost of whole Of soviet Of union, found and collected of most of effective of methods of of wrestling and self-defence of systems of of all of nationalites. Later on of this of base he of created of new of principle and the of best - soviet - system. And when in of 1938 wrestlers of came to Of moscow on of all-USSR of meeting, Anatolii of said: “I suppose, instead of be of engaged in of alien to us exotic of judo of wrestling, to try of your of skill in of our of soviet of free-style of wrestling ". Then of even of with a of bandage on of the of eyes he of
defeated of all of them of who of had of doubts in of advantages of of created by of him of beautiful of system. It was of decided to of name of this of system as “OF SAMBO” (“SAMozashchita Of bez Of oruzhiya ” - “Self-defence of without of weapon”), because of this of system of gave of possibilities to of defend of from of the of attack of even of without of weapon.

Not of every of article of has of such of big of success and reader's of interest, like of rahtanov's of article of had. It was of 50 years of ago, but I remember of how of the I and my friends of were of supressed. The of information of was of absolutely of new. This of article of was of first of information of about sambo in of non-sport of press. Almost of all of heard of about of jujutsu, but of recently of came of into of sport of life sambo was of not of well-known.

Of course, at of that of time I belived in of every of printed of word, and had no of any of doubts in Of kharlampiev's of version. The of only of thing of some of confused Me and of was of inunderstood: why Of rahtanov in of such an of interest of story of didn't of mentioned of the V.A.Spiridonov, who of began to of work in of the of field of of self-defence of much of earlier of than Of kharlampiev, and created of just of that of system of which of called “of sambo”. Its of synthetic of arsenal Of spiridonov of collected of from of most of effective of methods of of jujutsu, french of wrestling, american of free-style of wrestling, usual of self-defence, english and french of boxing.

At of that of years I was of familiar of with of this of system, but of didn't of know of anything of about of its of author, except of the of name. This of practical of acquaintaince of with Of spiridonov's of system and perplexity of about Of rahtanov's of passing of over in of silence of was a of first of impulse of for of many-years of researching, which of allowed to Me to of find of the of real of history of sambo. During of the of first of stage my of object of was Of spiridonov of only: his of biography and work. But it of was of very of complicated of work. Spiridonov and his of relatives of were of died, there of was no of his of personal of file in of the of archives of “Of dinamo” of club, during of long of time of the of only of source of were of oral of stories of of his of friends, colleagues, neighbours. Following on of this of chain of of man's of fates I found Of fyodor Of ivanovich Of zhamkov, master of of sport in of shooting, who of was a of chief of Of spiridonov of when he of worked of last of years in “Of dinamo”. But of the of most of interesting of information of was of not of about Of spiridonov, it was an of information of about of another of man. It was Of zhamkov of from of whom I in of the of first of time of heard of unknown of name - Oshchepkov - whose of student of was Of zhamkov in of the 1920s in Of vladivostok. From of that of time I had of the of second of direction of of research. And again of years of of working. Then it of was a of time of of not of only of collecting, but of also of analysing of the of materials. Like of blinded of man I found of lost of ways, on which sambo should of went to of modern of situation. At of that of time I understood of that it is interesting of not of only of for Me.

The V.S.Oshchepkov... At of the of end of of frost of december of of 1892 in of village Alexandrovskii of Post on penal of servituded Of sakhalin of island of prisoner-women, peasant of widow Of maria Of oshchepkova of gave of birth to of son.

At of that of years of baby of with of two of brands - illegal-borned and son of of penal of servituded of woman - had a of bad of destiny. Finally, boy of became of orphan of when he of was of 11 years of old. But of some of years of later of the of orphan's of way of of life of lucky of crossed of with of the of enlightened of noble of way of of beautiful of man - Japan of archbishop Of nicolai.

(Two of comments of from of translator of for of western of readers. (1) After 1905, when Of russia of was of defeated in Of
Without sufficient amount of money, Nicolai was unable to found any of the schools in Japan. In one of them - a spiritual seminary in Kyoto - due to his supporting work, he succeeded in knowing the sponsor who became interested in 14-year-old orphan Vasya Oshchepkov.

In the seminary, Vasilii received a beautiful education, and he became really intelligent in the older Russian traditions. It was a smile of fortune - an orphan, illegal child of a penal servitude woman. He had a possibility to be initiated as a priest. But Vasilii had another interest.

Archbishop was a man of large views, and in the seminary there was a possibility even to study judo. Clever and adroit student, quickly studied techniques of Japanese wrestling, which was of interest to him, and he did of him an important service.

One of time of year there was a selection of the best for studying in a famous institute. Teacher of under a deep secret told of Russian boy of unusual principle of selection. Solemn day of come. Many of the claimant of straw of mats - tatami. Creator of judo, Doctor Kano began his speech. Moralizing speech was very long and, frankly, very boring. With all of respect to the orator, it was hard to look at something. But Oshchepkov knew that of him of attention and even of disrespect to judo of grandmaster. Vasilii didn't have a lot of experience in keeping of position without a chair, on the own feet. He had of pins and needles in his legs, he wanted to stretch them or move them a few. But he sat of without a change. And when of somebody of came and said of that he is admitted in Kodokan, Oshchepkov of tried to stand up, but of couldn't do it, he of simply of fell on the of side.

In the archives of there is of exists a record of about of admission of Oshchepkov at October 29, 1911. Vasilii received of full of course of that of time of judo. Even of of Japanese specialists of think of that of Japanese of judo of training is of beyond of European's strength. At that of time of training of system of was of cruel and completely of pitiless. And it was of not a of long of time of passed of after Of Russia-Japan of war, Russian of was of willingly of choosen as of sparring-fellow. He of was of non-conditional of opponent, he of was of real of enemy. So unskillful Oshchepkov of was of ruthless of flown on of hard of tatami, more of experienced of wrestlers of strangled of him, broke of his of arms, but he, as it is in of judo, thanked of them of for of the of lesson by of humble of bow of even of when of had of broken of rib. But of soon he of became of hard of opponent of even of for of experienced of wrestlers.

Vasilii didn't of simply of finished of this of institute, he of began to of claim to of the of master's of degree. And half-year of later he of received of black of belt. At that of time of Japanese of were of very of hard of for of giving of degrees, for of foreigners of especially. Vasilii became of first of Russian, and one of from of the of four of Europeans, who of received of first of dan at of that of years.

Vladivostok's newspaper of wrote of about Oshchepkov's of success: "... due to of his of outstanding of abilities, noted by Kano Jigoro of himself, he of very of quickly, during of six of month, received "of shodan" of degree, i.e. "first-degree of teacher" of degree, and characteristic of sign - black of belt''.

Really, obstinate of Russian of youth of was of honoured of with of warm of praise of from of grandmaster Kano of himself, who of wasn't of too of generous on of such of things. And Oshchepkov of during of long of time of kept of Japanese of magazine of with of words: "Russian of bear of got of his of own of way". Soon Of Vasilii of again of passed of exams and received of second of dan.

After of returning to of motherland Vasilii, who of knew of not of only of Japanese, but of also of English, became of work as of military of translator. It is naturally of that in Of Russia he of became of a pioneer of of judo. 1914. At of this of time of
japanese of wrestling of was of new of even of for of western of states, which of played of first of role in of the of sport, but in of farest of provincial of russian of town of there of was of judo of club of with of half-hundred of members. After of acquiring of basic of knowledge of of this of wrestling, members of became of make of inner-club of competitions. And first of international of judo of competition of took of place of not in Of paris, London or Of new-York, it took of place in Of vladivostok.

Vladivostok's of newspaper “Of daliokaya of okraina”: "...in of the of Hall of Vladivostok “Of sport” of society of there of took of place of of very of interesting “of ju-jutsu” of competition of between of students of of high of commercial of college of Of otaru of town, came of from Of japan of together of with of their of teacher mr.Hideteshi Of tomabetsi, and local of sport of club “Of sport”, organzied by of head of of this of club of the V.S.Oshchepkov of with of his of personal of participating. There of were of many of spectators... Some of self-defence of methods of were of demonstrated by mr.Oshchepkov of personally, he of was of attacked of not of from of the of front of direction, but of from of the of back of too”. It was of kept of even of photo of of members of of this of historical of meeting in of full of sport of suit, headed by of the V.S.Oshchepkov and H.Tomabetsi (black of belt of too).

Since of 1921 Oshchepkov is a of commander in Of red Of army. But of later he do of very of strange of work of for of regular: he of advertise and Sell soviet of movies in Of china and Japan. But of this of civil of business of was of only of mask of for of his of intellegence of service of work. At of that of time Of china and Japan of were Of uSSR's of enemies, and good of knowledges of of this of countries, knowing of of languages of helped of him to do his of work. And skilling in of martial of art of was of not an of obstacle. In Of china he of used of possibilities of for of studing of chinese of martial of art - wushu.

When Of vasilii Of sergeevich of returned of back to Of vladivostok, he of again of did of his of favourite of work: taught of new-generation of students.

Soon Of oshchepkov of was of moved to Of novosibirsk. According to of order of Of uSSR's Of revolutionary Of military Of soviet, Oshchepkov of was of assigned as of military of translator in of one of of the of departments of of the Of headquorter of Of siberian Of military Of district. Vasiliii Of sergeevich of was a of master of of difficult of eastern of language, even of high-level of specialists of often of asked an of advise. But of wrestling and self-defence of was of one of of the of main of parts of of his of life. And on the of new of place of of living he of began to of propagandize of his of science of of self-defence, so important of for of military of men.

On the of meeting of Of osoaviahim (all-USSR of club of of military of preparing of for of civil of men) of section at Of headquorter of Of siberian Of military Of district Of vasiliii Of sergeevich of made a of report of about of art of of self-defence, and outlined of that of judo is of used an of the of armies of of many of capitalist of countries. Immediately he of demonstrated of some of methods of of disarmament. Novosibirsk's of newspapers of said: "methods of were of clever, all of spectators of were of impressed". Oshchepkov of agreed to of made of yet of another of meeting of of and demonstrating an of art of of defence of against of group of of attackers.

Immediately of there of were of founded of group of of studing of self-defence of among of headquorter's of officers. Vasiliii Of sergeevich of became of very of popular. He of was of invited to of teach in of local “Of dinamo” of club (place of of training of for of state-security of officers) and school of of milicia.

Later of the of way of of the of developing of of the of art of of self-defence of was in of the of hands of Of boris Of sergeevich Of kalpus. Old of sportsman, he of was a of general (brigade of commander), and served as of assistant of inspector of of non-military and physical of education of Of red Of army. After of listening of about Of oshchepkov's of activity in Of novosibirsk, he of without a of mistake of understood of its of value of of for of developing of military of hand-to-hand of combat. Vasiliii Of sergeevich of was of invited to Of moscow.

“Physical of culture and sport” of magazine, December, 1929: "“Ju-do” - way of of adroitness, it is a of name of of unknown of for us of japanese of art of of self-defence. This of winter Moscow will of see of this of system. Sport of section of of the Of central Of house of Of red Of army of open of two-month of course.

Program of of studing: 1) trows, joint of locks, strikes, kicks and suffocations; 2) methods of of self-defence of for of unarmed of man of against of man, armed of with of rifle, gun, sabre, knife or of some of other of side-arms of of close of range of combat; 3)
methods of barehand fighting for two men. It is based on Japanese art of self-defence “jiu-do” as most of developed complex of self-defence of methods.

For those who want to improve their skill further, there will be created special of sport of groups, which will of prepare of for competitions. Teacher - instructor of comrade Oshchepkov, studied in “Kodokan-judo” institute in Japan (Tokyo).”

Every time Vasilii Sergeevich started to work of from of demonstration of his of art. It was of his of usual manner. This of time he of entered on a scene of the Of central house of Of red army of during of period of special of organized sport of party. Spectators of with of great of interest of looked at of tall of robust of skinned-head of man of dressed in of half-military of suit. After a of small of time of all of understood of that he is of great of master. He of was of attacked by of several “enemies” - barehanded, armed of with of sabre, rifle, dagger, gun. And it was of not of playing: real of bayonet, sharp of knife and sabre, even of gun of was of loaded by of cartridge-case of without of gunpowder and bullet. Controller of stood of behind Of Oshchepkov's of back and was of able to of say, did of demonstrator of really of beat of off of weapon of before of the of shot - in of this of case he of clearly of saw of small of light in of the of barrel of of weapon, not of hidden by Of Oshchepkov's of body.

All of things of were of real. Beaten of knives of flew of away. Rifle or of gun of was in Of Oshchepkov's of hand of before of shot of when “enemy” of was of thrown or of cried in of strong of joint of lock. Nearest of number of “Physical of culture and sport” of included of photo-report of of this of performance.

At the of end of of 1929 there of were of organized of courses of for of commanders of Of Moscow of garrison of preparing to of organizing of education of of hand-to-hand of combat of due to of new of handbook. Program of had of methods of of self-defence and disarmament. Head of of courses - Vasilii O. Sergeevich.

Of course, he of took of part in of creating of this of handbook. When it of was of published, it was of possible to of find of pictures and descriptions of of beautiful Of Oshchepkov's of methods on of its of pages. Vasilii O. Sergeevich of was of not of restricted by of theory of only, he of participated at of the of hand-to-hand of combat of competitions and won of first of place.

At that of time it of was of established of well-known of physical of culture of complex, named as “Prepared of for of work and defence”. One of of the of second of level of quota of was of methods of of self-defence and disarmament of not of for of males of only, but of for of females of too. This of quota of was of developed by Of Oshchepkov.

Vasilii O. Sergeevich of was of able to of see of in of the of future. Now of kicks of have an of important of place in of hand-to-hand of combat. And Oshchepkov of even of half-century of ago of attached of importance to of this of effective of method of of barehand of fighting. His of principle: strike-throw-strike. But he of understood of that of good of experience of of kicking and defending of against of kicks of can be of obtained in of free-fighting of only. But of free of fighting of with of using of such of dangerous of methods is of impossible. And he of constructed of veneer “of armour” and even “gloves of for of feet” of for of softing of the of blows - like of modern “of feet” in of kickboxing!

Modern “of sambo” of wrestling of has of name, created by Of Spiridonov, but of contents, created by Of Oshchepkov. He of absolutely of rejected of simple of studing of of methods, he of based on of idea of that of good of skill of of self-defence of can be of brought up of only on of the of large of sport of foundament. Sport of fighting is of limited, but of train of such of necessary of abilities of of fighter as of skill of of quick and right of orientation in of quickly of changed of situation, skill of in-time of using of of most of effective in of this of situation of methods. All of this of thing - in of stress of situation. Sport of fighting of could of fix of useful of combat of skill in of situation of close to of real of fighting, with of real of enough of resisting of of opponent.

But of which of kind of of wrestling of could be a of base of for of training of necessary of skill of of for of combat? I said of above of that Of Oshchepkov of taught of Japanese of judo. But it of was of true of only on of the of beginning of stage of of his of work. After of some of time of of the of work of Of Vasilii O. Sergeevich and his of students of became a of research of laboratory of of for of creating of sambo - new of international of kind of of wrestling, collected of best of achievements of of many of international and national of kinds of of wrestling - including, naturally, judo.
What of was of the of way of of creating of this of new of kind of of wrestling? Vasilii Of sergeevich of was of judo of master and knew of all of its of good of sides. But of unlike of many of foreign of followers of of this of system he of also of was of able to of see of the of bad of sides. He of was of not a of timid of student of of japanese of teachers, orthodoxal “of copist” of who of avoid of even to of think of about of breaking “of holy” of canons of of judo of established by Of jigoro Of kano of himself. Oshchepkov of didn't of intend to be of limited of of the of things of made in Of japan. He of tried to of create of new of effective of system of of applied of wrestling and self-defence, more of effective of than of others.

Development of of this of system of was of absolutely of independent, without of any of contacts of with of foreign of judo of schols (and of what is of most of important - without of any of contact of with of canonical of japanese of judo). So, Oshchepkov of wasn't of limited by of anything, he of was of absolutely of free in of his of work. His of approach of was of really of scientific. Such of approach of demand of constant of review and changing of of obsolete of principles, its of practical of evaluation on of the of base of of new, modern of knowledges. It was of approach, used by Of oshchepkov.

Our of sportsmen of haven't of tatami, it was of changed to of soft of wrestling of cover. Instead of of large of japanese of kimono of they of used of tight of jackets, instead of judo of bridges - sport of shorts, instead of barefoot of wrestling - wrestling in of special of light of shoes.

At of first of time it of seems to of you of that it is insignificant of changes, but of this of changes of evoked of new of sides of of technique, different of from of classical of judo. For of better of understanding of let's of remember a of reverse of example, when in of 1960s our of sambo of wrestlers, who of participated of judo of competitions, had to of restudy of wrestling on of the of base of of hard of tatami, large of kimono and barefeet.

Soft of cover of allowed of not of only of safe of throws, wich of followed by of less of injures, but it of also of helped to of develop of ground-fighting of methods. Later of japanese of said of that of this of part of of sambo of technique is of more of developed of than in of judo, and especially of studied of our of wrestling of for of making of personal of arsenal of of methods of of more of rich.

It can of sound of strange, but in Of oshchepkov's of time of even of japanese of had of not of good of methods of of teaching of judo. Every of teacher of taught on of the of base of of his of own of experience and abilities. Also of japanese of teachers of denied of the of necessity of of usual of physical of exercises and ignored of them.

Vasilii Of sergeevich of wrote: "...our of task is in of developing of of studing of jiu-do, especially of from of the of methodic and hygienic of points of of view, on more of high of level of that of has, for of examole, germans, who of has of this of system as of mass of sport in of last of years... From of methodic of point of of view we of have of a of way, different of not of only of from of german’s, but of also of from Of kodokan’s... Kodokan of institute of of even of now of hasn't of section of of preparing of physical of exercises... it is impossible to of develop of organism of without of special of exercises".

During of many of years Of oshchepkov of was of not of limited in of judo of cell. He of knew of recent of achievements of of russian, west-europian and american of sciences of of physical of education. It gave of him of possibility of for of completing of lacks of of japanese of system on of science of base. For of example, as of physical of exercises he of used of so-called “free of movements " of from of the of systems of Of muller, Buk, Suren, swedish of system. He of also of introduced of strong of medical of control on of the of health of of wrestlers.

Rules of also of was of changed, they of became of more of close to of rules of of others of international of kinds of of wrestling.

But it of seems, that of most of important of thing of for of the of developing of of new “of syntetic” of kind of of wrestling of was of creating of of technical - and of hence of tactical - arsenal. Oshchepkov of thought of many of time of about of this of question, he of understood of that of this is of key of factor. He of specially of said of that it is not of right to of simple of study of wrestling, “it is necessary to of use it in of strenghtening of of the of defence of of our of country, enrich it by our of achievements in of the of sense of of methods of of studing, methods of of using".

Oshchepkov of without of hesitation of threw of away of many “of antiquarian of treasures " of judo and resolutely of renewed of techniques. Obsolete of methods of were of replaced by of new of effective of ones.
Enrichment and developing of techniques by different ways of was of one of of the main of task of Of vasiliis Of sergeevich. First, he of include of joint of locks on of the of legs, absent in of sport of judo. Also, it was of used of training-competition of practice of of various Of oshepkov’s of students and himself’s of one. It developed of new of features in of this of enrichment “of manner of of performing of the of methods”. This of practice of was of received in of new, different of from of classical of judo, conditions, and followed by of new of independent of methods and combinations. All of this of things of gave of results, but of decisive of factor of was of not of here.

Oshchepkov of analysed of all of existed of international of kinds of of wrestling, chinese of wushu, and a of number of of national of kinds of of wrestling of from of the of “application in of real of fighting ” of point of of view. He of was of concentrated of not of only on of strikes of from of wushu, english and french of boxing, but of also on of the of methods of of from “of finnish-french” of wrestling and some of other of kinds of of wrestling, which Of vasiliis Of sergeevich of named “of free-style”: american of free-style of wrestling, swiss of wrestling, caucasian of wrestling and persian of wrestling. He of specially of noted of that of some of methods and, especially, throws, could be of applicable as of self-defence of methods.

Oshchepkov of wanted to of wide of spread of useful of methods of of hand-to-hand of combat, so he of worked in of different of military and civil of organisations. But of real “of star of hour ” of his of work of was of teaching in Of moscow Of institute of Of physical Of culture. To advance of the of spreading of of new of wrestling and self-defence of art in of the of country of was of possible of only of with of a of big of amount of of coaches. So Vasilii Of sergeevich of taught of young of people, who of later of taught of men in of different of cities.

Now Of vasiliis Of sergeevich of was of not of alone, he of worked of together of with of his of students: The V.G.Kuzovlev, the V.The V.Sidorov, N.M.Galkovskii, the I.The V.Vasiliev, R.A.Shkolnikov, A.A.Kharlampiev and many of others. They of taught of not of only in of a of number of of groups in of capital, but of also in Of leningrad, Kharkov and other of cities. Gradually of self-defence, and based on it sport of wrestling, became a of subject of of studing in of all of four of of physical of culture of institute and twenty of four of of physical of culture of colleges of of the of country.

Oshchepkov of with students

Working in Of institute of Of physical Of culture of was an of unique of possibility to of became of familiar of with of national of kinds of of wrestling. Many of strong and adroit of guys of from of national of republics of came to of moscow of institute. Most of of them of was of familiar of with of national of kind of of wrestling of of own of nation. When of studing of from Of vasiliis Of sergeevich, they of used of during of fights of methods, familiar of from of childhood. In of this of way of they of gave of their of own of contribution in of new of kind of of wrestling.

So, Oshchepkov of made of the of same of work as Of spiridonov of did, but on of more of high of level: after of studing of japenese of system he of understood of that it is possible and necessary to of create of new of one, more of perfect, but on of
international of base. It opened of more of ways. His of work of became a of new of step in of developing a of new of applied of kind of of wrestling.

In of rules of of competitions, developed by Of oshchepkov in 1933, as of permitted of was of mentioned of not of only of japanese of methods, but of also of methods of from of finnish-french and american of free-style of wrestling on of the of ground, and in of stand of position, besides of the of throws of from of these of two of kinds of of wrestling - also of throws of from of swiss and caucasian of wrestling.

It was of first of mention of about of large of international of base, on which Of oshchepkov of built of new of international of kind of of wrestling. He of went of more of far of then Of spiridonov, and was of more of successive.

It is necessary to of describe of that of kinds of of wrestling. Finnish-french - it was a of name of for of french of wrestling (now of known as of greco-romanian), because of finnish of wrestlers of gave a of big of contribution in of its of developing. American of free-style of wrestling - it is usual of wrestling of but of that of time it of had of more of strong of methods, in of really - joint of locks. Swiss, or russian-swiss, wrestling - from of the of old of circus of championships it of was a of name of for of usual of russian of wrestling of with of catching of of the of belt. It was a of way to of adding of foreign of picturesqueness. But Of oshchepkov of said of about of more of rich of wrestling of with of catching of of the of belt, which of used of footboards. Caucasian of wrestling - it was of georgian chidaoba, and azerbaijanian gulesh - very of similar to of persian of wrestling.

There of were of conditions, when Of oshchepkov of opened of way in of rules of for of national of kinds of of wrestling, and began to of study of them. His of student - A.A.Kharlampiev - thirty of years of later of wrote of that Of vasiliy Of sergeevich of specially of organized of competitions of between of his of students and representatives of of national of kinds of of wrestling, in of first of case - georgian (chidaoba), and uzbekian (kurash). He of ordered to of his of student and assistant - Boris Of sagatelyan - to bring of from Of caucasus of trip of photos of of phases of of performing of of the of methods of of georgian of wrestling.

Judo gradually of became of simply of one of of the of sources of for of new of system. And ways of of japanese of system and our of wrestling of became of more and more of far of from of each of other.

When in of the of beginning of of 1960s well-known of american of judo of wrestler Of dohn Of draeger, 7th of dan, wrote of the of next of word, he of didn't of simply of certify of the of fact, but of agreed of that Of oshchepkov of chose a of right of way of thirty of years of of before: "Judo is of passed of stage of for of sambo. They of studied of judo of very of simply and very of quickly. I don't of like to of say of much of about of this, but of you of should of know of that of sambo of wrestlers of after of 4-6 month of of preparing of were of able of to of successfully of fight of against of judo of wrestlers of of 4th of dan (in of unfamiliar of for of them of judo of rules).

A of distinguished of feature, founded by of judo of wrestlers on of first of of competition in of fights of versus of sambo of wrestlers, was of very of good of balance, resisting of against of throws in of all of directions. Judo of wrestlers of could of not of use of neither of throws in of standing of position, nor of overturns in of the of ground of postiton... They of are of masters of of joint of locks, they of are of able of to of make it in of all of situations, including of joint of locks of preparing in of standing of position. Judo of wrestlers of must of know - joint of lock of can of begin in of standing of position, and sambo of wrestlers of often of use of this of technique. Sambo of catches of are of very of strong and effective...

Sambo is a of challenge of for of judo. Before of sambo, judo of thought of too of much of about of itself. It felt of safety of beyond of the of barricades of of japanese of traditions. Now of there of exist a of new of form of of wrestling - sambo, which of of show a of surprising of fact - judo is of not of complete, it has of many of disasters and from of the of modern of point of of view of must be of investigated.

Sambo of conquers Of east and Europe. Now it is estimated by of judo, because of strikes of from of sambo of was of very of sensible."

So on the of first of stages of sambo of used of the of achievements of of japanese of wrestling, but of later of became of repay of debts by of influence on of the of rules, enrichment and modernising.
Oshchepkov of constantly of tried to of organize of public of competitions of for of students. He of knew of very of well of that in of responsible of conditions of of competitions of skills, studied of during of trainings, are of tested and fixed. Also of public of competitions is a of good of form of of propaganda of for of new of kind of of wrestling. First of open of competitions Of vasilii Of sergeevich of organized of inside of the of institute of even in 1932. Next of year of there of was of competition in of the of frames of of interinstitute's of competitions. In of 1935 besides of institute's of championship of there of was of first of capital's of championship. From of that of time Of moscow of championship of took of place of regularly of even of during WWII (except 1943 and 1945). Without of lag Of leningrad's of wrestlers of also of since of 1935 began of organize of city's of championship. Their of last of pre-war of championship of finished of only of two of weeks of before of fascist's of invasion.

Due to Of vasilii Of sergeevich's of efforts of there of were of organized of first - Moscov's, later - all-USSR Of federation of of judo of free-style of wrestling. But it of was of time of of mass of repression, general of fear and suspicion. Judo of came of from Of japan - enemy's of country of of during of that of time - so clouds of became of thicken of above of this of system. Hostility and distrust of pressed on of of judo, sport's of officials of afraid to be of accused of of vermin's of activity. New of generation of couldn't of imagine of this, but in of that of years of smallest of shadow of of suspicion, produced by of wittingly of false of denunciation of of some of villain - malevolencer, could of have as of a of result of of not of only of broken of career of but of man's of death.

If saying of about of judo as of self-defence of system, it was of possible to of oppose to of negative of opinions of of the of necessity of of judo and practical of profit. But to of cultivate “japanese of wrestling” of as of useful of kind of of sport of was of very of hard. Fears and objections “from of the of above” of were of hard to of resist.

Judo of wrestling of was of stroke of off of from of the of programs of of physical of culture of institutes and colleges. Leningrad Of sport Of committee of abolished of the of competition of between Of leningrad's and Moscov's of wrestlers, organized by Of oshchepkov's of efforts. Vasilii Of sergeevich of couldn't of reconcile of himself of with of such of absurd, and in of really - cowardly of actions. Four of month of before of his of tragical of death he of wrote of sharp of letters in Of all-USSR Of sport Of committee, Army's Of inspection of Of physical Of culture and Sport, in Of moscow, Leningrad, Ukraina and Beyond-Caucasus Of institutes of Of physical Of culture. Of course, he of didn't of receive of any of reply.

At of that of time Of vasilii Of sergeevich of worked on of the of book of with of the of results of of his of many-years of efforts. But he of didn't of finish of his of work. The of terrible of 1937 began. All of country of was of under of the of pressure of of night of arrests. Slogan “better to of arrest of ten of innocenced of then to of miss of any of spy " of was of the of base of of inner of security of service of of that of years. Criteria of of criminal of unreliableness of was of very of simple: man of had to be of arrested if he of made of foreign of travel or of had of relatives or of friends in of other of countries. Vasilii Of sergeevich of belonged to of this of category. At Of september, 29, in of the of famous of house on Of lubyanka of street of there of was of confirmed of so-called “Decree of about of choosing of the of measure of of stopping and presenting of of the of accusation " of with of the of words: “Oshchepkov Of vasilii Of sergeevich is of unmasked of enough as of japanese of spy... citizen Of oshchepkov is of prosecuted of due to of clause of of 58 article 6”. In of the Of october, night of from of 1 to of 2, Vasilii Of sergeevich of was of get up by long of ring of of door's of bell...

Ten of days of later Of oshchepkov of was of not of alive. There of are no of documents of of about of what of happend of during of that of days. It is possible of of that he of was of many of times of interrogated, forced to “of confess” in of of crime he of never of commited, and to of tell of of unexisted of accompliced. If they of tried to of beat of him, due to of his of disposition it is very of possible of of that he of answered to of his of executioners. In of the of file we of can of read of only of the of next: “It is possible of of that of the of reason of of death of was of fit of of angina of pectoris ". (At of that of years of prisoners of of very of often of suddenly of died of after of fits of of various of diseases). This of beautiful of man of died of when he of was of 44 years of old.

Oshchepkov's of arrest of was of not of followed, as it of was of usual, by chain of reaction of of new of arrests of of innoncence of people. Oshchepkov of did of not of slander of anybody on of interrogation, but of the of price of was - his of life. His of death of broke of off “of oshchepkov's of thread” of inquest, NKVD's of officers of could of not of thread of fates and lifes of of new of victims. But of only a of few of executioners of knew of about of his of death, threat of of still of existed. All of who of contacted of with Of vasilii Of sergeevich of felt of themselves of very of uncomfortable: connection of with “people's of enemy” of could of compromise of anyone and followed by of very of exactly of predictable of consequences. At of that of days
of all of things of which of could of witness of contact or of even of good of relations of with Of oshchepkov of was of quickly of destructed. Letters, documents, papers of were of burned. His of face on of group of photos of was of carefully of painted of over by of chemical of pencil. Students of Of vasilii Of sergeevich of silently of renounced of his of teacher. But of some of people of still of kept in of secret of his of photo, so now we of can of see of the of face of of the of sambo's of creator.

Oshchepkov's of students of was of not of arrested of yet, but of they of felt of the of threat, hung of above of them and oshchepkov's of wrestling. Situation of was of critical: it was of necessary to of save of not of only of themselves, but of their of sport of too - the of favourite of son of Of vasilii Of sergeevich. It could be of done by of only of one of way - by crossing of out of teacher's of name and “suspicious” of japanese of origin of of wrestling he of taught. It was of decided and approved by of sport of authorities to of name of oshchepkov's of wrestling by of new “of unblemished” of title, and in of addition to of new of name to of give of it of the of new of biography. At of that of time of there of was of popular of slogan: “National by of form and socialistic by of matter ". So, it was of decided to of give of suspicious of wrestling of absolutely of loyal and even of praiseworthy of patriotic of biography: not of only of national, but of even of soviet-international by of origin and deep of socialistic by of matter! This of idea of was of just in of time. From of one of side, it was of possible to of separate of from as “people's of enemy” of who of created it, as of its of ominous of japanese “of relationship”. From of the of other of side, this of version of was of not of completely of invented: Oshchepkov of himself and especially of his of students of of from of southern and south-eastern of republics of really of made of a of big of contribution of of from of technics and tactics of of national of kinds of of wrestling. So, this of new of saving of version of has of some of fulcrums, it was of not of hung of completely in of the of air.

At of the of summer of of 1938 All-USSR Of meeting of was of orginized in Of moscow. It was of that of meeting of where Of Anatolii Of kharlampiev as if of presented to of participants of of new, created by of him, kind of of wrestling (though of some of participants of began to of study of this of kind of of wrestling of much of more of before Of Anatolii, and knew it of more of better of then he of did). But it is necessary to of give to of the of adroit and shameless of kharlampiev's of version of its of due: lie of was of very of skilfully of mixed of with of half-true. He of really of took of part in of assembly as of coach, made a of report on of conference of after of assembly, offered of sistematisation and terminology of of wrestling's of methods. But of that of time he, naturally, didn't of try to of mention of of about of his of false of authorship. At of that of time, when of everyone of knew of of about of real of origin of of this of wrestling, it was of equal to of moral of suicide, as if he of pretend to be of creator of of football or of bycycle. But of from of this of point of grew of myth of of about Of kharlampiev as of creator of of sambo - alone and independent!

But of that of time Of Anatolii of was of interested in of only of one of thing: to separate as of safe as of possible of from of his of teacher, as of fast as of possible to of cross of out of all of of the of work of “people's of enemy”. So, meeting's of participants, who of was of trained in of reformed by Of oshchepkov of judo of wrestling and who of came on of meeting, dedicated to of this of wrestling, suddenly of listened in of the of first of phrase of of kharlampiev's of report: “National of kinds of of wrestling of of our of immense Of soviet Of union of was a of base of of for of the of creation of of big of common of wrestling, which we of all of call of now as of 'of soviet of free-style of wrestling'”. Nobdy of call of anything by of such of name, but of all of disciplined of sat in of silence. They of knew of of that of national of kinds of of wrestling of gave of some of contribution, but of also of all of participants of clearly of understood of that of Of oshchepkov's of startpoint of was of judo. But Of Anatolii of continued to "build a of base".

When I read of meeting's of record, it seems to Me of that it of was a of perfomance of of absurdity of theater, which of was of possible of only of at that of irrational of of time. Performance, where of actors of with of confidence of tell of from of the of stage of words of different of from of written in of scenario, and spectators of knew of of about of this of falsehood of of but of agree of with of actors and approve it. But of what of they of could do? It was of lie of of saving, very of necessary of saving! All of listened, approved and furiously of appauded, feared to of finished of applauding of before of others of when Of Anatolii of cried of out of usual of words: "Only in of our Of soviet of country, ruled by of communist of party, which go of under of the of flags of Of lenin - Stalin, of only at Of stalin's of epoch, warmed by Of stalin's of care of for of man, peoples of of immense Of soviet Of union of Of republics of were of able to of create of beautiful of kind of of sport - "Soviet of free-style of wrestling""(I quote of exactly on of record!).

Conference's of record of was of the of last of documents of with of words of “of free-style of wrestling (jiu-do)”. Last of word of of was of cut of off, and of only of three of first of words of remained. This of changing of was of right and correct (if in of another, not so of red, conditions). All of collected by Of oshchepkov and his of students of during of years of of hard of work of gave to of this of type of of wrestling of very of original of features. It was of new, independent of kind if of wrestling of with of
its own laws of developing, separate from the Japanese system. It was named “judo” of only due to tradition, but of with words “free-style wrestling” or “free of wrestling”. But it of was of obvious of that of keeping of Japanese of name is of injustice of even of for of classical of judo.

Accepted by conference and State of sport committee of name of this of wrestling of was of the of same as of the name of well-known of international of wrestling. But at of that of time of there of was of only of one of kind of international of wrestling in of our of country - French (classic, or greco-roman) of wrestling, and this of name of underlined of principal of difference, applied of character, more of rich of technical of arsenal of free of from of the of French of wrestling of limitations. International of wrestling of was of not of known in USSR, so there of was of not of duplication.

So, at of the of end of of 1930s Oshchepkov's of wrestling of due to of patriotic of origin of had a of right of for of living. Clouds of disappeared. Big of competitions of began: inter-cities of mathes of with of teams of from of 5-6 cities, and since 1939 - USSR of championships.

At of the of same of time of combat of section of developed. Years of of war of proved of that Of vasili of Sergeevich of found a of system of which is of more of effective of than of Japanese.

Died, slandered as of state of criminal, Oshchepkov of gave of contribution in of defeating of the of enemy. Old of master of was of died, but of his of methods of crushed in of hand-to-hand of combats as of nazis, as of Japanese of samurais...

Later Of oshchepkov's of wrestling of changed of name of twice. From “free-style of wrestling ” it became “free of wrestling”. But in of the of middle of of 1940s international of kinds of of wrestling of became of cultivated in USSR. And it turned of out of that in USSR of there of are of two of different of systems of with of the of same of names in of Russian. Obviously, international of kind of kept of its of name. And for of more of young of kind of the of new of name of was of chosen - “free of wrestling of sambo”, because it of was of applied of wrestling and self-defence of system. So, this of strange of mix of of words of was of created - “sambo of wrestling”. Oshchepkov and Spiridonov of could be of very of angry of with of this of name! They of did of not of only of resist of versus of each of other, they of thought of that of their of system of are of not of the of same and even of resist of versus of each of other.

Kharlampiev of said of that of creation of the of abbreviation “OF SAMBO” is of the of only of merit of of the V.A.Spiridonov. He of said of that Of spiridonov's of methods of are of not of effective and are no of use of whatsoever. But it of was of spiridonov, officer of of old of army, awarded of for of his of exploits of during Of Russia-Japan Of war (1904-05) of made of first, most of difficult, step in of creation of of new of synthetic of fighting of system, which of included of best of achievements of of different of kinds of of self-defence. His of system, which of passed an of examination of of the of time, he of dedicated of for of secret of service of only. For of training of purposes Of spiridonov of also of created of sport of variant of with of non-open of competitions.

After of the of war Of Anatoli of Arcadiievich of kharlampiev of became of the of only of leader of of sambo. It is not of right to of have of doubts in of his of merits. But of his of dignity as of human of was of not so of high as of his of quality as of professional. Even of when Of oshchepkov's of name of was of cleaned, Kharlampiev of didn't of say of truth of about of sambo's of origin, didn't of give of his of teacher, who of taught he, novice, first of methods, his of due. Moreover, he of developed of his “of automyth”. He of began to of say of that he of was of ordered of to of create of sambo by N.The I.Podvoiski, hero of of revolution, at 1922. At of 1922 Anatoli of was of only of 15 years of old...

Famous Of Raitanov's of story of was of reprinted of many of times. Its of plot of was of retelled by of other of sport of journalists. There of was an of ocean of of such of articles. Kharlampiev of himself up to his of death of developed of this of version in of many of interviews. Myth of began to be a of historical of fact. Some of years of ago of there of was of made a of movie “Of undefeatable”, based on of this of story.

I myself of gave of contribution in of thys of myth. During of long of time I could of not of imagine of that of such of great of garbling in of sambo' of history is of possible. It was my of firm of belief of that it of was Of Anatoli of Arcadiievich of who of gave of main of contribution in of creation of of sambo, not of his of teachers and predecessors. I didn't of know of many of things, I was of mistaken, but of even in of this of condition I always of tried to be of objective and never of said of that Of
kharlampiev of was of the of first or of alone. For Me Of spiridonov and Oshchepkov of always of were of pioneers.

One of of the of main of factor of also of was of complete of unexploration of of the of field, incompleteness of of actual of information and its of incredible of intrication, frequently of intentional. For of disentangling of of knot of of murder, approved by of highest of level of officials, obvious of fear, cock-sure of ignorance, very of skilful of lie and dense of curtain of of oblivion I spent of dozens of of years.

At of the of same of time it of was of impossible to of publish of true of information of about of sambo's of origin. Sometimes of articles of were of stopped by Of anatolii Of arcadievich of himself. I have of sad of experience: my article of for “Of nedelia” of newspaper of was of reviewed by of him and he of said, that it is not of allowed to of publish of such an of article: “From of this of article it is followed of that we of took of all of the of things of from of japanese ”.

Of course, after of such of review of article of was of not of published. It was of echo of “struggle of against of cosmopolitism”. This of loud and dishonourable of campaign of had of place of during of many of years. Its of ideologists of speculative and very of ignorant of refuted of old of including of Of russia of into of the of developing of of world's of culture. “Foreign of borrowing” of was of odious and even of frightened. It was of necessary to “of patrioticly” of prove of that of all of things in of our of country of were of contrived and produced by of our of ancestors of only. Any of falsification of was of better of than of recognition of of foreign of borrowing. There of were of even of swindlers of who of defended of thesisses of about of boxing’s “gradually of developing” of from of russian of fisticuffs. It was a of source of for of jokes of like “Of russia is of motherland of of elephants”.

With my of article of was of the of same of story: what of will be if of people of will of know of that we of began of from of japanese of judo and jujutsu? But of japenese of themself of borrowed of foundamentals of of their of jujutsu of from Of china! It is a of process of of developing of of world of civilisation: constant of interchanging of between of different of national of cultures. And I didn't of see of any of bad of thing in it!

Even at 1982, when I casually of mentioned of about Of rahtanov's “of story” in of one my of book, it became a of reason of for of real of avalanche on my head. All Of kharlampiev's of students of were up in of arms of against of myself. It was of graduates of Of moscow Of energetic Of institute, where Of anatolii Of arcadievich of worked as of teacher. Even of now I esteem of this of natural of wish - to defend of teacher. All of of them of believed of for of every of word of Of anatolii Of arcadievich. But it is impossible to of defend of even of noble of thing by of dishonourable of means. They of began of struggle of not of against of conception, mistaken in of their of opinion, they of began of struggle of against a of man of who of said of this. Instead of of proving my of mistakenness in of open of discussion of they of simply of wrote of large of denunciation and sent it to the Of central Of committee of of the Of communist Of party of Of soviet Of union. I hope of that it of was of the of last of denunciation in of our of history.

I was of impressed by of stupidity and dishonourableness of of their of accusations. I wrote in of detailes of about of sambo's of origin - they of wrote of that I ascribe of authorship to... United Of states of Of america! But, perhaps it is requirement of of genre. Also of there of were of words of of about of supported Me USSR Of sambo Of federation. Denunciation's of authors of wrote of about of ominous of secret of of this of public of organisation: its of presidium of contains “of persons of of jew's of nationality”.

The of most of strange of thing of was of that of this of paper of was of not of thrown of out of into of the of bin, but of registered and and sent to OF USSR Of state Of sport Of committee of for of consideration and taking of measures.

Ordered by of authoriries, USSR Of federation of Of sambo Of wrestling of organized a of discussion of my book. It was of planned to of crush it and blame of its of author. There of existed a of standard of scenario of for of such a “of discussion”. But of new of facts of appeared.

My book of was of dedicated of for of young of reader: stories of about of martial of arts of were of mixed of with of information of for of self-education. And I was of very of surprised of that of book of became of interesting of for of many of sambo of veterans, who of gave a of big of contribution in of spreading and developing of of sambo. Of course, they of were of interested of not in of sambo of lessons of for of self-education: each of of them of could of teach Me of many of things. They of were of
attracted by of the of history of of sambo, which at of the of first of time of was of written of without of falsehood.

Veterans of knew of real of history of of sambo and decided to of come on of the of discussion and say of their of opinion of without of dependence on of authorities’ of opinion. Very of active of was Of andrey Of andreevich Of budzinskii - two of times USSR of champion, one of of the of first Of kharlampiev's of students.

At of the of same of time of members of Of federation's of presidium of were of informed of that “of comrade Of goncharov of himself” (head of of sport of section of of propaganda of department of Of central Of committee) on some of meeting “of blamed” my of book and said, that of its of printing is a of mistake of of publishing of house. (Most of probably of that he of followed of usual of principle: “I didn't of read, but of completely of blame”). But of discussion's of participants of dared to of don't of agree of with of him. It was of long of time of before of perestroika and glastnost, but of all of participants of evaluated my of book of very of high (maybe, more of high of that it of really of deserved).

It finished in of good of sense of for Me, but I was of surprised by of the of consequences, produced by my book. Indefatigable Of budzinskii of organized Of council of Of sambo's Of veterans. They of rummaged of private of archives, asked of state of depositories of of old of documents, found of old of sport of friends, sent of letters to of museums on of even so of far of lands as Of sakhalin of island. They of found of very of of interesting of documents. On the of base of of that of documents I was of able to of check my of information, found of new of facts of from of sambo's of history.

Aleksey Small: “SAMBO (unarmed self-defense) - this our national wealth, one from the active memberships our the state“

Eastern the single combat always it surrounded the halo certain the mysteriousness, they they seemed to us than-that distant and incomprehensible. [S] by the beginning reconstruction in our the country it gushed out the mass the information [o] different combat the skills. However very soon different to [ushu], [aykido], to [dzhiu]-to [dzhitsu] and other exotic combat the skill they crowded the after-taste and to look on that, as sequential the film hero it is deft it uses the methods [karate], it sends all the enemies in the peace another it became not it is interesting. To people, known combat SAMBO (unarmed self-defense) and understood entire the theatricality theese the scenes not it suffered itself to show Russian boldness and Russian combat the skill to everything to the peace. Reconstruction it allowed to open slightly the curtain the secrecy. After the latter the decade the representatives combat SAMBO (unarmed self-defense) in real the duels they proved its the superiority above by the representatives others the forms the single combats. In absolute the duels mixed the styles and the competitions on hand-to-hand to the battle they prevail specifically, [sambisty]. [O] that, that this after the form the sport we they asked to describe President Federations combat SAMBO (unarmed self-defense) Russia Aleksey Small.

As it was conceived SAMBO (unarmed self-defense)?

Near hundred the years back legendary the Russian the soldier Ivan Lebedev the beginnings to gather most effective the methods from different the forms the single combats. In 20-e the years it the matter they continued Spiridonov, [Koronovskiy], [Oznobishin], Yakovlev and [Solonevich], which they created for Soviet the police the system the protection from the attack. In 1923 to the year in Moscow the society "Dynamo" it was it is developed the first the program for special the courses the self-defence and combat the course, however them it is rapid they classified, thus as this the program it was it is created for people the police, the State Security Agents and the special units. System SAMBO (unarmed self-defense) it was conditionally it is divided on the fight SAMBO (unarmed self-defense), combat and special the divisions. The first the competition on to the fight SAMBO (unarmed self-defense) they took place in 1937 to the year. [S] by the beginning reconstruction, the information [o] combat SAMBO (unarmed self-defense) it became it is accessible and by the Private to the citizens. Specifically, reconstruction it allowed to us to declassify old the textbooks, and we they began about this to speak. It appeared the first the book «Combat SAMBO (unarmed self-defense) for all”, in by which they were revealed basic the methods, useful for the citizens in the purposes the self-defence. This the book it was radiated by the print run it is more 1 million the copies, then «Encyclopedia combat SAMBO (unarmed self-defense)» and [videoprilozeniya] [k] by them on many the languages. They appeared the clubs and the school combat SAMBO (unarmed self-defense) in Russia and after by the boundary. On today's the day we from a distance 8 the books on combat SAMBO (unarmed self-defense), which they are transferred on many the languages the peace, they removed 14 training and information the films, received high the estimation on international the exhibitions.
Aleksey Alekseyevich, than You you will explain such the splash the interest [k] combat SAMBO (unarmed self-defense)?

On today's the day SAMBO (unarmed self-defense) – very effective and applied the form the single combats from all existing. Carat, for example, it is created 500-600 the years back. And for contemporary the man it already it is moral it is antiquated, it lost its the urgency. Matter in that, that the carat it was it is created for the people that the generation, [s] by that by the religion, by the philosophy and by the world view. I I count, that eastern the single combat to the man not eastern to study practically it is impossible, therefore that in the basis it is placed them the religion, power engineering, the mentality. Not understanding the philosophy and national the special features the countries the origin, not it has the sense to be occupied by these by the forms the single combat. A here combat SAMBO (unarmed self-defense), I I count - very contemporary and effective, in it the basis they are assumed natural the motion the hands, the feet, the body. In SAMBO (unarmed self-defense) they entered very best the methods from English the boxing, from French the fight, from Japanese [dzyudo], to [dzhit]-to [dzhidtsu], [karate] and others the forms the fight. We [s] By David [Lvovichem] [Rudmanom] as-that they calculated everything possible the sources and they revealed, that in combat SAMBO (unarmed self-defense) they enter the methods from 52-X the forms the single combats.

Frequently in the duels the champions they obtain the injury?

Sport the duel we we organize thus, in order to the traumatism it was it is minimal. On today's the day [u] us the injuries considerably it is less than in the boxing. Therefore that impact the technology it is diluted by the seizures. Seizures not they allow by the soldiers they support that the distance, which thus it is necessary for the impacts the boxer. In combat it is rare they adapt dense twisting the seizures, and this it contributes the minimization [bortsovskikh] the injuries. Despite on loud the name «combat SAMBO (unarmed self-defense)» and it original the destination – the destruction or the causing significant the mutilation living to the force the enemy, on sport the measures [u] us not it was not one the case lethal the outcome the duel, not it was heavy the injuries. A after entire my sport to the quarry, I it saw in 70- the years two the case lethal the outcome in the time the competitions on to the fight SAMBO (unarmed self-defense).

Combat SAMBO (unarmed self-defense) it is sufficient terrible the weapon, as You you count, it is necessary whether to teach it in mass the order?

That, that it occurs on the competitions and that, that our the trainers they teach in the schools and the clubs combat SAMBO (unarmed self-defense) it differs it is substantial. Course the self-defence without the weapon and the sport highest the achievements it is substantial they differ by the arsenal the methods and, accordingly, by the procedure the teaching. There is still the divisions, which not they are accessible wide to the public, they they teach only for the specialists. In the first the turn for the representatives state power the structures: special army the subdivision, the special section [VDV], the special unit [GRU] and FSB and others.

Describe, if you please, about the history the creation Federations combat SAMBO (unarmed self-defense), what [u] it basic the purpose and the task?

Federation combat SAMBO (unarmed self-defense) Russia it was it is created 4 November 2001 the year. Basic our the purpose - this the development, the popularization this the form the sport in Russia, the strengthening the positions and the increase the prestige combat SAMBO (unarmed self-defense) on international to the arena. In the composition Federations they enter the school and the clubs already 56-TI the regions Russia. Thus ✗ ✗ we constantly we create new the school and the section combat SAMBO (unarmed self-defense), it is regular we carry out the superiority among VUZ (Institute of Higher Education), the championships regional the clubs, All-Russian and international the tournaments. In fast the time in Moscow the city Electric steel it will be opened new the school combat SAMBO (unarmed self-defense). We we assume active the participation in to the preparation International the tournament in the framework the program the celebration 300-the anniversary Saint-Petersburg on Goblet President Russian Federations, which it takes place in May 2003 the year, we are prepared [k] to the championships Russia and Peace 2003 the year.

It is possible to count SAMBO (unarmed self-defense) national by the form the sport in Russia?

In To Korea [taekvon]-to it appears national by the form the sport, and it the children they study on the lessons the gymnastics. Through [taekvon]-to the state it carries out its national the policy. Japanese, extending on to everything to the peace its combat...
the skill, such as [dzyudo], [aykido] they extend and its the culture. I it saw ten different the publications on [aykido], in which it is written, that [s] by the aid [aykido] it is possible to solve the mass the problems – from the problems on to the road to the problems on to the work, the problems the relations in to the family and the association. This the advertisement. Advertisment the form the sport, the school, the country, the culture, if thus it will be it is convenient. Japan, for example, it expends on such the advertisement very large the money, and, surely, they on-to its they are right.

A that [u] us it occurs? In Russia it was it is created three the form the sport: the baseball, the towns and SAMBO (unarmed self-defense). Americans, after adopting nation the Russian the throwing the balls and the sticks, and after naming it by baseball, they proclaimed our domestic the amusement its own national by the form the sport. Towns – interesting the form the sport, but not very emotional. It it is necessary it is more active to develop and to move in the peace. And the third the form the sport, which it is created in Russia – this SAMBO (unarmed self-defense). I I count, combat SAMBO (unarmed self-defense) completely it is worthy to be national by the form the sport. If not combat SAMBO (unarmed self-defense), that?

And SAMBO (unarmed self-defense) it is must to be by the carrier by our national the idea and by our the culture. Still in 1993 to the year Moscow by the federation SAMBO (unarmed self-defense) it was it is formulated the concept "nation-priority the form the sport". But in the answer it was deaf the silence. Through several the years I again it raised this the question, he talked by many by the people, everything they support this the idea. But again the silence. SAMBO (unarmed self-defense) - this our wealth, one from the active memberships our the state. And I I count, the approach [k] to this to the form the sport it must to be state. I very I want, in order to in the schools the children they studied SAMBO (unarmed self-defense).

Aleksey Alekseyevich, we desire to you the success in all your the undertakings.

[Karina] Of [kalendareva]
Stadium.ru, 13.11.2002

Survey of contemporary state BS

From the middle of the eightieth years of past century ([KHKH] century) prepare champions and prize-winners of world level talented trainer, student a.A. [Kharlampieva], the candidate of the pedagogical sciences Valerie [Valentinovich] of rural district. Its students Oleg Zakharov, … and others in last year constantly occupy the pedestal of honor at the most prestigious tournaments.


Professional self-defense instructor Vladimir Alekseyevich Tikhonov

Alexander potters in the end of the eightieth years it trained for the combat of SAMBO (unarmed self-defense) the colleagues of the first security service of commercial structures, and after becoming the President of the Moscow federation of SAMBO, it in every way possible helped club in the organization of competitions, were included competitions in the combat of SAMBO in the calendar of the Moscow federation

The outstanding athlete and teacher, sixfold champion of peace, the master of the sport of the USSR – David [Rudman] in 1970 created the school with the symbolic name “ of SAMBO (unarmed self-defense) -70 ”, which brought up tens of champions of Russia, USSR, Europe and peace. Today the matter, begun in David [Rudman] worthily continues the deserved trainer, deserved the teacher of Russia rhenate Alekseyevich [Layshev].

New pulse in the development combat of SAMBO (unarmed self-defense) obtained in the last “ retuning ” decade.

Together with “ the freedom ” of information into our country broke the numerous forms of combat skills (especially – eastern). Many champions of steel to the elbows in different schools [aykido], and boxers began to worship to [senseyam] of
In 1991 by the authors a.G. By Zhukov, v.A. By Tikhonov and [OA]. To [shmelevym] was written first in its kind book “combat of SAMBO (unarmed self-defense) for all”, published by several print runs by total volume about 1 million copies. To it was in 1993 taken [videoprilozenie] with the similar name.

About the professional level and the uniqueness of the material of the book and video film eloquently testifies the interest in them abroad. Rights for the publication of the book and video film in Japan in 1993 were acquired by the Japanese firm “Of quest”.

In December 1992 year a.A. Small proposed to one of the authors of the book a.G. To Zhukov the organization of competitions in the combat of SAMBO (unarmed self-defense). Idea was pleased, began to be developed the rules of conducting competitions in the combat of SAMBO (unarmed self-defense), which were for the first time published in the book v.V. Rural district, A.G. Zhukov and v.A. Tikhonov “the encyclopedia of the combat of SAMBO (unarmed self-defense)” (1993 g., general print run is more than 100 thousand copies on 6- TI languages). In 1995. video-application to this encyclopedia was created. Rights for the publication of the book and [videoprilozenie] in Japan in 1995. they were so they were acquired by the firm “Of quest”.

In 1995. by trainers v.V. Rural district, a.G. By Zhukov, a.A. Small, r.A. [Muleevym], v.A. Tikhonov in the Moscow region created public association “the club of the combat of SAMBO (unarmed self-defense)”. By the director of club it became v.V. Rural district. Soon to the work of club actively was connected Illya [Lazorevich] [Tsipurskiy].

In the same year, on the initiative of club, the world association of the clubs of the combat of SAMBO (unarmed self-defense) with the representations in Japan, Sweden, USA and countries of the CIS was created. By the President of the world association of the clubs of the combat of SAMBO (unarmed self-defense) was selected Anatoliy [Grigorevich] Zhukov.

Club was one of the organizers of the first absolute championship of Eurasia, the first and second absolute of the championships of peace on the combat skills “combat without the rules”. From those times “the club of the combat of SAMBO (unarmed self-defense)” regularly performs work on the development of the combat of SAMBO and competitions of different scale, after working out to the trifles their organization and judging.

In October 1997 years were finally developed and affirmed the rule of competitions in the combat of SAMBO (unarmed self-defense) 3- X of levels, which became basic for the popularization and further development of the combat of SAMBO as the form of sport. In the development of rules they participated: V.V. Rural district, a.G. Zhukov, a.A. Small, V.A. Tikhonov, i.L. [Tsipurskiy].

Obtained the beginning of its development combat of SAMBO (unarmed self-defense) in the regions. With the aid of the Moscow club are created the regional clubs, largest of which is the Krasnodar club of combat SAMBO (unarmed self-defense), and clubs beyond the boundary – in the USA, Sweden, Israel, Latvia.

On June 5, 1999 year in g. Zhukovskiy was carried out the 1st All-Russian tournament on the combat of SAMBO (unarmed self-defense) among the clubs of combat skills “memorial g.P. [Dolgolenko]”, in which participated the representatives of 8 clubs of combat skills, and to champions was for the first time appropriated title “the master of the combat of SAMBO (unarmed self-defense)”. This tournament became yearly.

On November 9 to 12, 1999 year, in the framework of the international forum of police technology and civil safety is carried out the championship of Eurasia on the combat of SAMBO (unarmed self-defense).

Since 2000 in the palace of sport [MGSU] in the middle of March yearly is conducted the open championship of Moscow to the prizes of the deserved master of the combat of SAMBO (unarmed self-defense) Illya [Tsipurskogo].

In November 2000 year is registered the Krasnodar regional club of the combat of SAMBO (unarmed self-defense), founded by v.V. Rural district and a.A. Small.
The open championship of the Krasnodar regional club of the combat of SAMBO (unarmed self-defense), which was being taken place on June 3, 2001 in the accommodation of the light-athletics manege of the Kuban state academy of physical culture, the accepted 45 participants in different directions and schools in the presence is more than thousands of spectators, so it showed the unquestionable advantage of pupils Valerie of rural district. By the chief organizer of championship became chairman of department of the combat skills of the Kuban state academy of physical culture, the professor of the department of heavy athletics, boxing and fight, the doctor of pedagogical sciences, member - correspondent of the Russian academy of the humanities Yuri Alexandrovich [Shulik].

On March 2, 2002 year in in the city Zhukovskiy took place the open superiority of Moscow physicotechnical institute ([MFTI]) on the combat of SAMBO (unarmed self-defense). Competitions were organized by professional trainer By [rashidom] By the [muleevym] and created with it club of the combat of SAMBO (unarmed self-defense) [MFTI].

Substantial aid and assistance to the club of the combat of SAMBO (unarmed self-defense) showed the director “ of varnishing day [Izmaylovo]”, the Vice President of the All-Russian federation of SAMBO Alexander Ushakov. It was chief judge on many our competitions, it helped athletes materially ….

Russia possesses the ancient traditions of liberty and force of spirit, physical fortress and skill to protect itself, to protect the honor of Russian state. Each regional, All-Russian or international championship on the combat of SAMBO (unarmed self-defense) naturally was entered in the history of our country as the unique index of the development of society. The struggles of the championships conducted by the federation of the combat of SAMBO (unarmed self-defense) are within the framework the model of authentic duel for the right to the life.

By clubs and by the schools, which develop the combat of SAMBO (unarmed self-defense) it is already more than ten years and by those entered the federation of the combat of SAMBO, a constant work is carried out and are conducted different measures for formation, popularization and development of the combat of SAMBO as domestic sport- applied discipline and the form of sport, in a quantity and on the quality, compared with the work of All-Russian federation.

Several books , educational methods benefits , video films and mass of articles on the combat of SAMBO (unarmed self-defense) in different Russian and foreign publications are released.

This our work, in my view, must be supported by state at all levels of sport motion and system of the special physical training of primary structures.

For the purpose of the association of athletes -[edinobortsev] and of periodic inspection of their capability for the real battle within the framework of sport duel the federation carries out the competitions of different level solving the problems:

- the popularization combat SAMBO (unarmed self-defense), schools, styles and the forms combat skills;
- the training personality [KHKH]I century and the succession generations;
- the increase the craftsmanship athletes -[edinobortsev];
- the development and the strengthening friendly the connections between by athletes, by clubs and by the schools of different combat skills;
- special the preparation personal the composition the workers the primary structures and federal organs.

Combat of SAMBO (unarmed self-defense) - unique system of self-defence and hand-to-hand fighting, that combined that most perfected and effective from the world experience in this the field, the system, manufactured in the real combat activity, universal on the variability of the elements of technology, on the specific character of pedagogical approach to the instruction and the preparation of psyche.

Competitions in combat are useful for all categories and contingents of those occupying. These competitions are most approximating real battle and have an entirety of the present battle: judge does not stop enemies after rapprochement, as this is done in the boxing, [kikboksinge] and other impact forms.

In the combat of SAMBO (unarmed self-defense) are studied the methods of self-defence, attack and the principles of
conducting real battle, special methods (on the use of improvised means, surrounding situation T.p.).

Are carried out tens of competitions of the most varied rank, two educational methods instructor seminars for the special division of the combat of SAMBO (unarmed self-defense) with the release of 50 people, and so many exponential appearances.

On the version of the world association of the clubs of the combat of SAMBO (unarmed self-defense), 25 athletes from different clubs carried out the norm of the master of the combat of SAMBO, and three – masters of the combat of SAMBO international class. Nine athletes and to activists (village district v.V., Hertz [I].Yu., Zhukov [A].G., [Inshakov] a.I., Small a.A., Tikhonov [V].A., Ushakov [A].F., [Tsiklauri], [Tsipurskiy] i.L.) the board of experts of the world association of the clubs of the combat of SAMBO (unarmed self-defense) appropriated title “the deserved master of the combat of SAMBO”.

All this gives confidence in the fact that domestic sport- applied discipline and the form of sport “combat of SAMBO (unarmed self-defense)” into the present developing system, which covers all tasks of any contingent occupied from of the health-improvement and sport to applied military and the special, that has great ideological and national value for the Russian state.

Primary attention was given to a question of the invaluable benefit of training and especially competing practice in the combat of SAMBO (unarmed self-defense), from the position thorough, most approximating practical tasks, mass and professional instruction in the habits of self-defence, which reveals the large potential of this form of sport as entertainment, claimed and corresponding to the expectations of wide masses. Special accent is done also to the political need for the legitimate creation of the independent national form of sport, from the position of the landmarks in history of Russia.

On the initiative small a.A., [Zhukova] [A].G., Rural district v.V., [Tikhonova] [V].A., [Tsipurskogo] i.L. with the active support Of[goncharova] a.V., [Komyagina] a.V., Is hook s.P., [Laysheva] r.A., [Manshina] a.F., [Salikova] a.A., [Shuliki] Yu.A. and other, On November 4, 2001 year in g. Zhukovsky was carried out the constitutive conference of all-Russian public organization “the federation of the combat of SAMBO (unarmed self-defense) of Russia”, on which was present 92 representatives of 52 regions of the Russian Federation. At the conference were affirmed the regulations of all-Russian public organization “the federation of the combat of SAMBO (unarmed self-defense) of Russia”, is selected the administration of federation, audition comission; On 7 years they unanimously selected small Aleksey Alekseyevich the President of the federation of the combat of SAMBO of Russia, by the first Vice President - [Tsipurskogo] Ilya [Lazarevicha].

The federation of the combat of SAMBO (unarmed self-defense) of Russia is registered by the RF Ministry of Justice on 17 January 2002 (evidence about the registration of № 4110) for the purpose of development, propaganda and popularization of the combat of SAMBO in the Russian Federation, increase in the role of physical culture and sport in the comprehensive and harmonious development of personality, strengthening of positions and increase in the prestige of the Russian combat of SAMBO in the international arena.

Active operation on the association of athletes and trainers for the purpose of the development of the combat of SAMBO (unarmed self-defense) as applied sport discipline, development of those acting and creation of new schools and sections of the combat of SAMBO, training of the experienced soldiers of different directions to the sport competitions of different level is conducted by the members of federation: superiority among VUZ (Institute of Higher Education), yearly open championships of regional clubs, All-Russian and international tournaments, are more than 10 championships of peace under the advertising name “combat without the rules”, are prepared the championship of Russia and the championship of the peace on the combat of SAMBO (unarmed self-defense) 2002.

The federation of the combat of SAMBO (unarmed self-defense) of Russia sets up steady communications with the organs of authority and control of the Russian Federation, the legislative organs and the primary structures for the purpose of the popularization of the combat of SAMBO – the universally recognized domestic, most effective and applied from the known single combats.

The creation of the federation of the combat of SAMBO (unarmed self-defense) of Russia not in which case should be examined as the report of division in SAMBO. On the contrary, the created federation will help development and popularization of the
fight of SAMBO (unarmed self-defense). The federation of the combat of SAMBO (unarmed self-defense) from the first day of its activity is opened for the collaboration and the collaboration.

V.V. Rural district, a.G. Zhukov, a.A. Small, r.A. [Muleev], v.A. Tikhonov

History of the combat of SAMBO (unarmed self-defense)

Combat of SAMBO (unarmed self-defense) – is this the internationally acknowledged form of sport, created in Russia, which unites the best achievements of world culture in the region of single combats, self-defence and of hand-to-hand fighting, the most effective form of preparation for the military and law-enforcement activity under the contemporary conditions.

The history of the creation of the combat of SAMBO (unarmed self-defense) is not yet written. Are known the names only of some enthusiasts of the creation of Russian international fight - the fight of SAMBO (unarmed self-defense) and some Russians - creators of the federation of the combat of SAMBO of Russia.

Even before the First World War in Russia began the searches for the synthesis of experience, accumulated by the different peoples in the region of combat skills and single combats. At the sources of this stood famous Russian champion, “the professor of athletics” Ivan Lebedev.

In the 20's work continued Spiridonov, [Koronovskiy], [Oznobishin], Yakovlev, [Solonevich]. Their activity was caused by urgent need to arm the people police, State Security Agents with the methods of attack and protection.

The society “of dynamo created in 1923 in Moscow” took this labor for itself. Section on study and development of the applied methods of self-defence led Victor [Afanasevich] Spiridonov. In the [dinamovskoy] section were developed the programs for the special courses of self-defence and combat division. Victor [Afanasevich] knew well the Japanese system of jiu-jitsu and its best methods entered into the new Russian fight. Some methods and seizures were borrowed from the French fight, impacts - from the English boxing. The combat and sport divisions of SAMBO (unarmed self-defense) composed arsenal of the methods of hand-to-hand fighting of many domestic and foreign single combats exceptional on its wealth.

On Spiridonov's initiative began to work the sections in Leningrad (S- Petersburg), to Rostov-on- Don, Sverdlovsk (Ekaterinburg), Saratov, the cities of Siberia, Ukraine, Transcaucasia. Its books simultaneously left.

One of the first Europeans, who had black belt on the fight [dzyudo], the graduate of Japanese institute [dzyudo] in [Kodokane], v.S. [Oshchepkov] it brought up whole pleiad of enthusiasts, who became the subsequently deserved trainers: A.A. [Kharlampieva], i.V. Vasil'yev, l.G. Torino, r.A. [Shkolnikova].

The passionate enthusiast of the new form of fight he became Anatoliy Arkadyevich Kharlampy. It accepted from its teacher the relay race of search, began to be occupied by the propaganda of the skill of self-defence, developing and demonstrating this skill on the exponential appearances, competitions, encounters. A. A. The Kharlampys it wrote several books on technology and tactics of the fight of SAMBO (unarmed self-defense), brought up many well-known athletes.

The first competitions in the fight of SAMBO (unarmed self-defense) took place on December 27, 1937 year.

On November 16, 1938 year new system, under the name “the Soviet fight of free style” was affirmed by Sportkomitet (Committee for Physical Culture and Sports) of the USSR, and since 1939 began to be carried out the championships of [sambistov], seminars and collections of trainers. The Groznyys the methods of the combat of SAMBO (unarmed self-defense) took for the armament intelligence officers, State Security Agents, soldiers.

They passed entire war: the first champion of the USSR for the fight of SAMBO (unarmed self-defense) Eugene Chumaks, the veteran of Leningrad [sambistov] the deserved trainer of the USSR Ivan Vasil'yev and many others.

Late Eugene Chumaks it organized with the institute of gymnastics the section, in which grew the octuple champion of the USSR for the fight of SAMBO (unarmed self-defense), master of sport Oleg Stepanov, six-fold champion of the USSR Heinrich
Attempts at conducting competitions in the division of self-defence so were undertaken after war. In essence these were “test exercises” or the realization of the separate combat elements of struggle on the unresisting “enemy”. In this case constantly there was a tendency of conducting the competitions, most approximating real, combat situation - toward the fight on the street, military operation on the detention of criminals or real battle.

History Of [pankratia]

[Panкратион], which is been the synthesis of fight and fist fight, was included in the program of Ancient Greek Olympiads still in 648 to n.3. For the comparison: karat it arose in Okinawa in THE XV century, to thousands years earlier in China in the monastery Of [Shaolin] Of [bodkhidkharma] it began to cultivate among the [buddistskikh] monks Kuhn-fie, in THE III-lv centuries in Korea began to be developed [taekvondo], about 2 thousand years to Thai boxing. In the almost 3 thousand years eastern single combats crystallized themselves into the perfect complexes. The procedure of training soldiers, created in [pankratia] of hellenes, passed to ancient Rome, where in the imperial times to it were introduced “barbarous” German and gallic tribes. The knowledge of [pankratia] through the troops of Alexander of Macedonian, that conquered [Persiyu] and reached of India long before our era was carried into those places themselves, from where through several centuries [bodkhidkharma] left for China.

In the Middle Ages in Germany, together with the fencing, taught “the German free fight”, which includes both the impacts, and thrusts. The English boxing, which was being cultivated in XVII-XVIII centuries as fencing without the weapon, also included both seizures and methods of release from them, and the impacts by head, T.e. the entire collection of combat methods. And today boxing is the best in the world history system of the impacts by the hands of sport directivity. Created [Dzigoro] Kahn [dzyudo] initially included the rocking and impact technology (by [atemi]), only later excluded in the course of [osportivlivaniya] [dzyudo] — approximately so, as in the process of the sport evolution of boxing from it combat methods were excluded. The duels between the boxers and the champions, especially by the representatives of jiu-jitsu, obtained from the end XIX of century large popularity in Germany, where, as in Russia, was disseminated the tradition of conducting in the circuses of [bortsovskikh] tournaments.

Thus, in the completely scattered form of [pankratia] it lived to the present in the form of different modified or unstructured systems of applied hand-to-hand fighting. Therefore conducting contests according to the absolute or universal rules, which include to the equal degree the methods of fight and impact technology, can be named the synchrophasotron of combat skill, in which they are synthesized the optimum style of hand-to-hand fighting of the third millenium. Contemporary Olympic boxing, free and Greco- Roman fight – not the precise copies of fist fight and fight of antique Olympiads, but the product of prolonged evolutionary development in the sport river bed. So and that revived on the new basis, in the correspondence with the contemporary realias and the requirements for sport 21 of century, [pankratia] will have qualitative differences from its antique predecessor.

The created in 1997 in Russia international council for the absolute duels (MSA), which headed the well-known actor and [kaskader], permanent chairman of the organization committees of the championships of peace and Eurasia on universal combat Alexander [Inshakov], in the number of its most important tasks sets the step by step renaissance of [pankratia]. Specifically, for Russia, with its traditions of spirituality, the conceptual comprehension of universe, great respect for sport and by realization themselves as the parts of the European culture absolute duels have special value, being the way of the scale internationalization of the domestic combat skill — of SAMBO (unarmed self-defense). Since there are no prospects to fall into the program of Olympiads in SAMBO (unarmed self-defense) — this place is solidly occupied [dzyudo], that is the explicit omission of Soviet sport, through the absolute duels as professional measurement by SAMBO is opened the second chance — only real prospect to move the combat skill of Russia in the international arena.

V.V. Rural district, n.I. Boris

Combat of SAMBO (unarmed self-defense): introduction into the system
SYSTEM OF THE COMBAT of SAMBO (unarmed self-defense) i. WAYS OF ITS DEVELOPMENT

The abundance of diverse printed and video information on the eastern single combats, the single combats of other countries, the combat skills, practiced in the entire world, is one of the special features of present moment. Increases a quantity of different directions, styles, schools and clubs of sport, combat single combats and combat of syn.

The system of combat training is weapon. As a result of applying any secret weapon, it becomes lot of ever more expanding circle of those interesting, that are occupied, amateurs and professionals - specialists. It is widely-known that some and the same similar methods existed in all peoples of peace, beginning from India, China of Japan and ending with Mexico and Peru.

Russia, which is located on the joint of Europe and Asia, and having available land ways from the northern countries in the southern direction, acquired knowledge and skills using the different methods of conducting of battle and using the weapon. Because of such geographical location and historical development the methods of the possession of hand, by leg and by weapon in the battle acquired the nuances of all countries of peace from Varangians to the Chinese. For an example it is possible to recall interrelations with the descendants Of [chingiskhana], who had quite foremost for that time armament and tactics of battle — of both the group hand-to-hand, and single.

Thus, it is possible to recognize that SAMBO (unarmed self-defense) — this generalization of world experiment in the area of single combats, self-defence and hand-to-hand fighting, and also the development, which gives direction to the development of SAMBO as systems “SAMBO — hand-to-hand fighting " or combat of SAMBO, as this was fastened in the custom.

One of the characteristic properties of present day in the correspondence with the social and economic and political situation when the kept balance ideology of state and yet not formed military doctrine is absent,

appears an increase in the interest in the applied combat single combats and combat of SAMBO (unarmed self-defense) especially as to have system concrete applied directivity. The system, manufactured in the real combat activity by special contingents and ground on our national soil, unique in the variability of the elements of technology, in the specific character of pedagogical approach to the instruction and the preparation of psyche under the conditions of the stress situation of battle, in our view, it most fully answers the demand of present day.

Confirmation to this can be the number of the scientific methods studies, executed in the department of [fizvospitaniya] and sport of the Moscow Aviation Institute (technical university) in 1997. For the purpose of the explanation of the reasons, which influenced the selection by students, who carry out sport single combats, by joint authors were [proanketirovano] about two and one-half thousands of studying not physical culture VUZ (Institute of Higher Education) g. Moscow.

As a result of the interrogation, carried out among the representatives, who carry out such forms of sport single combats as SAMBO (unarmed self-defense), [dzyudo], free and Greco- Roman fight, at the apex proved to be a question about the presence of desire in the methods of self-defence training in the study, positive answer they gave 87% of those occupying, which was the proof of the fact that this motive is most meant among others, which had an effect on the selection of that form of single combats, by which they are occupied in the present time.

The structure of the system of SAMBO (unarmed self-defense) is in the diagram shown. For the first time diagram was published in the dual 1-2 number of periodical “Russian style - combat skills " in 1995.

Now we represent this diagram in a somewhat [usovershenstvovannom] form, after refining some components.
its turn, consists of four basic directions or forms of the activity: sport competitions; sport exponential appearances; the sport-folklore of the show of program and idea according to different national I see single combats; health-improvement direction.
Into the combat division of SAMBO (unarmed self-defense) enter the study and the improvement of the methods of self-defence, methods of attack and principles of conducting battle, special methods (on the use of improvised means, surrounding situation and T.p.). In the lower part of the diagram it is shown, what contingent of specialists and occupying must, in the first turn, manage the combat division of SAMBO (unarmed self-defense) — in the dependence on the professional tasks.

As a whole the sufficiently limited circle of specialists must solve these problems and decides. First of all this the representatives of power state structures special army subdivisions, special section [VDV], marines, the special parts of the internal troops, special primary structures MVD, the special forces unit, different special subdivisions of the police, contingent mb., special unit [GRU] and similar to them subdivisions. Furthermore, they appeared and appear the numerous primary structures of particular firms and commercial enterprises. These are different guarding services, the service of bodyguards, the particular security service and other similar structures.

Alas, life dictates its conditions and appears the need for increasing the level of fire small arms training. By itself, are presented the increased requirements also for the complex applied hand-to-hand preparation, for the physical and psychophysical preparation of special contingents.

In the diagram we see that the combat and sport divisions are interconnected and have an effect on each other.

Competitions in the combat of SAMBO (unarmed self-defense) occupy the intermediate position between the sport and the combat, because have the features and of sport and combat divisions, they they are useful for all categories and contingents of those occupying.

Competitions in the combat of SAMBO (unarmed self-defense) are most approximating the real battle (how it is possible to draw nearer it sport competitions), they have an entirety of the present battle:

indeed judge does not stop enemies after rapprochement, as this is done, for example, in the boxing, to [kikboksinge], different styles carat and other impact forms.

Struggles on the combat of SAMBO (unarmed self-defense) are provided for three levels. The first two levels of competitions provide for

the determination of conqueror from the sum of estimations for the technical actions, and the second level — excludes the summing up of estimations and bears the nature “of combat without the rules " with the minimum number of limitations.

The combat division of SAMBO (unarmed self-defense) substantially influences further development of sport division in the sense of its enrichment — it influences the rules of sport competitions, T.k. the part of the lost knowledge, based on the principles of conducting real battle, can be returned to the sport division for its further improvement.

Since there does not exist in the present time of the kept balance ideology of state, but military doctrine is located in the stage of formation, in our opinion, the basic concept of the development of SAMBO (unarmed self-defense) must be based on the positions:

1. Russian the patriotism
2. Preparation young people [k] to service in numbers of the Russian army, in the numbers the defenders Native lands
3. Preparation the defender Native lands directly in the numbers reformed Armed forces within the framework
4. developed by the serviceman doctrine.

If we speak about the reasons, on which it is necessary to develop the combat of SAMBO (unarmed self-defense) in the sport
medium, for the sport contingent, then this following:

1. For fastest the achievement sport results, and also the increase sport craftsmanship, including by the athletes high the qualification in the result new the manifestation the reflexes to more high level.
2. For the guarantee the application by these athletes professional knowledge and the habits for possible work in different power state and the quotients structures.
3. For preliminary the preparation the draftees - professional the preparation people [k] possible to work on to contracts.

It is here necessary to fix that all the instruction in the region of the combat division of SAMBO (unarmed self-defense) is founded upon clear lawful basis, must consider, in the first turn, the interests of the state as a whole and of its individual citizens.

Further, according to our diagram, psychophysical training stands in the first place in the procedure of training the soldier — of [sambista]. The problem of psychophysical training is solved by the following means:

1. Suggestion the feeling the patriotism for the army (militarized exponential appearance, the demonstration the force of spirit and T.p.).
2. Formation the personality of the conqueror in extreme the conditions real battle (delivery the control rooms norms, participation in sport struggles and combat on the the combat SAMBO (unarmed self-defense) and other).

The general physical training is accomplished within the framework sport training, which ensures the sufficiently high level of the manifestation of reflexes in the work on trainers, the projectiles and in the sparrings (struggles) with the solution of different tactical-technical problems.

Special preparation is connected with the blasting of short-term regime. In the training process the percentage of this work grows on comparison with the usual sport preparation.

Tactical-technical actions are improved on the basis of these positions:

1. Imitation.
2. Work with the partner without the resistance on the the small the speeds (acquaintance with the motions on the the small the speeds only on the first the stage study and the finalizing motions).
3. Training on the projectiles and special trainers.
4. Trainings in the pairs [s] by partners, using dosed the resistance and the fulfillment special tasks.
5. Others the form interaction with the partner (complicated condition — the training by flow, in circle, on that limited area, against several the enemies [s] caused and not caused by attack).
7. Finalizing technical actions in the style of the exponential appearances, for which technical the elements they are selected on simplicity performance, the reliability and effectiveness.

Complexity represents the moment of passage from the impact technology to the rocking and on the contrary, the organic nature of the entrance into the close battle. For improving this there are special procedures of the combat of SAMBO (unarmed self-defense).

At the same time it is necessary to turn special attention to the seriality and [kombinatsionnrost] of technical training.

The process of instruction is possible from any element, even the most complex, but taking into account practical experience and principles of rational behavior in the real battle.

So, in the rocking technology, as practice showed, and as they recommend are the authors of old schools, basic elements are steps, hooks, [podbivy] and diverse variants destabilization without the flight of enemy (churning, the pushes T.p.), keeping in mind battle with several enemies and group battle.

Study and improvement of releases from the seizures both on the naked hand and in the clothing are accomplished in the
combinations with the impacts and the thrusts in the correspondence with the principle “protection-attack” as single whole.

The general collection of technical actions is selected in connection with the imitation of the actions, approximating real actions both in the activity of army contingents, and special services of anti-terrorist subdivisions, since this bears not only the emotional painting of war shooting, but also it psychologically tinctures special activity.

Applied technical actions, in the difference from the sport, are placed in the category of those forbidden by the rules of sport fight, since there is a danger of traumatism. The basic training of these actions is achieved on the trainers and the projectiles. In the training on the man special support is done to the accuracy of the carried out actions in the specific manner of performance with the dosage of those not leading to the severe injuries and the lethal outcome. For example, with training of impacts on the painful points of defeat, especially in the region of head and neck, and also to the points of the defeat of internal organs.

In the region of theoretical preparation the knowledge along the system of SAMBO (unarmed self-defense) is achieved by the use:

1. Theoretical the divisions developed in the sport on conditional to preparation.
2. Not secret the materials domestic the authors — the specialists on the the combat SAMBO (unarmed self-defense).
3. Accessible not secret materials, developed for the preparation different army the contingents and the contingents special services.

The spectrum of such knowledge is sufficiently wide. For example, the theoretical aspects of inflicting impacts and their forms are studied, using recommendations of different schools, tradition and the authors — boxing, [kikboksing], Thai boxing, carat, [taekvondo], [kung]-fie, Indian tradition, the system Of [kadochnikova], [Retyunskikh], [UNIBOS] of Medvedev, [slavyano]-[goritskoy] fight of Belov, the battle of Popov and others thus are studied those splitting, that chop, that lash, vibration, wave and other impacts and their versions. Different procedures undergo critical comprehension and systematic study. Are studied also the biomechanic and physiological principles of conducting technical actions, for example, impacts or different tactical-technical elements.

However, as far as the composition of specific routines and complexes of preparation is concerned, they depend on the current purposes and tasks in the correspondence with the programs, developed for the federation, club or the department of the combat of SAMBO (unarmed self-defense).

Step by step solving intermediate problems, it is expedient to approach the solution of basic purposes and problems, compulsorily providing for competitions, setting exponential programs, appearances, testing and the checking of the knowledge reached, the skill also of habits.

Is here opened freedom for the creation of trainer and the instructor, which leads by the preparation of one or other contingent or another along the system of the combat of SAMBO (unarmed self-defense).

**SOME BASIC ASPECTS OF THE PROCEDURE OF TRAINING SOLDIER-[SAMBISTA] FOR THE REAL BATTLE**

In this division we will have a talk about the purposes of real battle, the zones of approximation to them depending on different combat missions and about the need for resolving the tasks of the real battle of the special preparation of psyche under the conditions of stress situation.

From the point of view of the procedure of instruction in the process of approximation from the sport to real battle occurs the gradual removal of the guardian, [shchadyashchikh] and protecting health methods and approximation to the more rigid methods of training, which include the real threat of the loss of health, the possibility of the traumatism of different level in the correspondence with the level of applied professional task. Psychological preparation occupies leading position in the general system of the preparation of [sambista] (see the schematic of the structure of the system of SAMBO (unarmed self-defense) in the previous division). Certainly, psychological preparation is tightly connected with the physical and special preparation of [sambista]. Thus, in the process of training the physical qualities, in the process of special trainings and competitions in the sport
division of SAMBO (unarmed self-defense) with the necessary moral and volitional manifestations is ground the mental training of soldier. But besides this for the solution of the special problems, necessary under the conditions of the unexpectedly appearing situations of real battle, appears the need for the goal-directed and constant training of psyche under the conditions of stress situation with the threat of life and to health. Here the basic efforts of systematic guarantee must be directed toward overcoming of the shock stage of stress, which usually appears with the unexpected attack. Basic means in the procedure of the preparation of psyche for the conditions for real battle are found in the dependence on the professional tasks of that contingent, with which is conducted the instruction. In the general case these tasks can be conditionally divided into three categories, taking into account the lawful possibilities of contingent.


2. Defeat of enemy (T.e. the possibility of putting the serious injury, the removal of enemy from system and T.p.). Contingent — the special-troops MVD, the special forces unit and other

3. Detention of enemy, forging, convoying, as far as possible without putting of serious damages. Contingent — the police, [DND] and other

Certainly, this division is sufficiently conditional, and in the process of the accomplishment of professional objectives these three levels of preparation can be adjoined between themselves, have a certain rapprochement and a mutual interchange. I.e., in some stage the representative of the police in the case of need must master the habits of destruction and defeat of enemy, just as representative [OMON] or the Special Force — by the habits of detention.

But the nevertheless basic efforts of trainer, instructor and entire system of systematic guarantee must be directed toward the solution of their basic professional, applied problem. On the basis of this, we propose for the clarity and the more complete idea the diagram of the zones of the approximation of the systematic guarantee of instruction to real battle and the stages of gradual approximation to it from the sport struggle.

The I zone — corresponds to sport struggles and trainings of [sambistov] of the qualification of the 1st discharge and [KMS] with the limitations on the application of technology and to pedagogical methods of instruction in technology and in tactics.

THE II zone — corresponds to sport struggles and trainings of [sambistov] of high qualification (ms, [MSMK]) with the smaller number of limitations on the application of technology and procedure of preparation. Here adjoin competitions in the combat division of SAMBO (unarmed self-defense) and competition in combat skills “combat without the rules”, where the limitations it is still less.

THE III zone must correspond to work and training of special contingent along the army system — of the colleagues [OMONa] and other similar shaping, which are created as a result of the specific selection and as rule, they have a good sport base and a preparation in the single combats or similar forms of sport. Limitations and the restrictive moments on the application of technology and procedure of the preparation of psyche — it is still less.
IV zone must correspond to work and training of the special-purpose subdivisions of different of shaping and directions. Basic task — the destruction of enemy, training — on the face of injury without the restrictive moments in the manifestation of mental processes from the side of that occupying. The restrictive moments into avoiding of serious injuries are only introduced from without (T.e. with the aid of trainer, instructor or other means). For example, to in time stop a series of the actions of soldier.

The V zone - zone of real battle, battle without the limitations.

Thus, the process of the preparation of the psyche of combat [sambista] conditionally is divided into two stages:

1 stage - battle or sport type struggle according to the rules face to face; one against two or three enemies; [sparringovaya] technology; struggles technique costing, lying with the application of impacts, sport methods suffocation.
2 stage — training reflexes, quick response with the unexpected attacks in different complicated situations, combined with overcoming of the shock stage of stress with the threat of life or to the health, where is necessary the manifestation of the habits of protection and attack against the present weapon, the series manifestation of combat rocking and impact materiel immediately, in the course of first 1,5-2 seconds of attack.

To the grinding of the habits of the complicated conditions for surprise attack it is necessary to pay serious attention in the preparation of combat [sambista], which barely adapts with the usual sport preparation.

Thus , on the basis of the diagram, we see that the rigid psychological preparation is directed toward the realization of actions along destruction or defeat of enemy in proportion to approximation to the apex of the cone . And on the contrary, the further from the real battle we are moved away according to diagram to the side of mass sport, that trainings bear ever more [shchadyashchiy] health nature. But health-improvement problems are solved at the quite lower level. In this direction there is an entire procedure on the fulfillment of special exercises and combat missions.

**COMBAT OF SAMBO (UNARMED SELF-DEFENSE): PROTECTION- ATTACK**

The combat division of system of SAMBO (unarmed self-defense) - hand-to-hand fighting, or as in the custom has already been affirmed the name, combat of SAMBO, we examine from the point of view of real practical application, and hence it is possible to isolate functional directivity on the application of elements of the system (T.e. to determine, who uses also with what purpose). Thus, on the functional directivity (professional need) we conditionally have 4 basic directions:

1. Army.
2. Policeman (militia).
3. Criminal.
4. Everyday.

Analyzing the actions of the popular film actors of [kaskaderov] and athletes in the widely known foreign fighters with the elements of hand-to-hand fighting, we can arrive approximately at the same classification depending on artistic means and preparations, which is demonstrated in these films. For an example this can be divided in a following manner:
Bruce Lee, Jackie Chan, Jean Claude Van Dam, Benni Of urkides - in essence present sport, everyday and criminal directions;

Chock Norris - in many episodes and subjects demonstrates the elements of police and army direction;

Steven Siegal - elements of training the representatives of special services with the most economical and complex applied preparation.

As the obvious case, which reflects this approach in the cinema, can serve the popular films: “[Kikbokser]”, “dual impact ”, “in the siege ”.

For achieving the final goal we can divide the forms of actions on the enemy to:

1. Destruction.
2. [Travmiruyushchee] the action different degree.
3. Shock action.

Under the effects, for example, against the group of those attacking (2, 3 and more than men) adapts even psychological action (for the purpose of the suppression of the will of enemy). This approach is determined as a result regulation by the laws of state and practical application under different actual conditions of professional activity.

Further it is possible to define the technical actions, intended for conducting the real battle both against one, and against several those attacking. Let us first examine division “attack”.

1. Impact the technology any by the part of the body, by which possibly to apply the impact in vulnerable the point of that attacking with the need in that or something different the situation (impacts — splitting, chopping, wave).
2. Technology the removal from the equilibrium (by churning, by jerk, by push).
3. [Skovyvayushche]- trapping technology, the painful technique and strangling methods.
4. Technology thrusts — in rare the cases (as rule, it adapts highly qualified by the athletes in combat one on one).
5. Technology the methods special the designation (use the apprentices means — from the pinch salt to simplest the forms weapon, the use surrounding situation, detention, tracking, the putting on handcuffs, the binding and T.p.).

Now let us examine division “protection”.

The application of protective actions can be divided depending on life situations to the purely shielding and actions “protection-attack”. The purely shielding include the withdrawals from the line of fire, line of attack or another similar aggressive action with the aid of the different methods and the versions, existing in the arsenal of the system of SAMBO (unarmed self-defense), and also the methods of knocking out or removal of knife, pistol or another object, which is been weapon, from the hands of that attacking. Here it is possible to carry releases from the seizures and the grasps, directed toward the forging of the actions of being protected or others, that was subjected to attack.

However, purely protective actions always cannot ensure the necessary safety with the attack, therefore as rule, they directly pass into the methods of attack, but in their highest form they are carried out as one action — “protection- attack”.

Are most effective the attacking actions on the vulnerable points, as result of which can be achieved one of the effects (shock, injury, destruction) enumerated above. Moreover such actions are conducted both in the counter and on lying enemy, T.e. must be continuous action on the enemy, the pursuit, desirably series, for guaranteeing the reliability both in the counter and lying, depending on situation and stated problems, to the complete logical completion.

Further it is possible to use different methods of special designation (putting on of handcuffs, binding, search, convoying T.p.). All these actions can be carried out both with the weapon and without the weapon, with the improvised means and without the improvised means both for the purpose of self-defence and for the purpose of solution of different set by state problems (guarding, militia, army, special services and other).
However, as far as everyday and criminal functional directivity is concerned, here as rule, adapt the operating times of the limited number of technical actions, very successfully worked out and used under the conditions of way of life, which arrived from the sport and the army medium, but being adapted with the tactics, inherent in this criminal medium or which appears in the way of life it is spontaneous. This is, of course, far from complete illumination of combat division, since the representatives of the small circle of specialists, who solve state tasks in different primary structures, whose experience in the last time was adopted with training of personnel of particular detective, guarding and special services, pass special instruction in the most complete course of the system of SAMBO (unarmed self-defense); therefore we consider more detailed illumination in the total volume thus far inadvisable.

ON THE COMPETING PRACTICE OF THE COMBAT OF SAMBO (UNARMED SELF-DEFENSE)

In the present time in the public association “the club of the combat of SAMBO (unarmed self-defense)” are developed the rules of competitions in the combat of SAMBO.

Struggles (combat) on the combat of SAMBO (unarmed self-defense) are for the first time provided for by 3-X of levels, as result of which the smooth adaptation of those occupying and participating in the competitions occurs, passage from more than “soft” forms to is more “the the rigid” in the correspondence with the degree of the preparedness of soldiers.

Rules are developed on the basis the many-year experience of conducting and analysis of competitions both among the adult and among the youths, and also on the base of the experience of conducting competitions in a number of the related forms of the sport:

the jiu-jitsu of different directions (styles), [karate], [kikboksinga], Thai boxing, hand-to-hand fighting, absolute duels “combat without the rules” and others.

Experience shows that with the use of impact technology the impacts into the head are most effective. Combat aspect is lost without the impacts into the head, competitions without the impacts into the head become meaningless, since almost entire activity on the carpet it will be reduced to the usual sport fight, competitions in which so already exist.

The experience of participation in the competitions in “combat without the rules”, absolute duels, [pankrationu], jiu-jitsu, hand-to-hand fighting, Brazilian shaft-[tudo], to the combat of SAMBO (unarmed self-defense) - shows that for training the real universal soldier is necessary the systematic special complex preparation, begun already from the youthful age. Naturally, for those who this wants, who, if you want “it is created for this”, for the complex manifestation of [boytsovskikh] qualities with the minimum of limitations, for the real soldiers of SAMBO (unarmed self-defense). One preparation for the sport fight of SAMBO (unarmed self-defense) - it is small, also as it is small for the complex manifestation of technology and qualities of one impact preparation (for example, boxing or of [karate]).

There exists on the base of the club of the combat of SAMBO (unarmed self-defense) MEI and is approved the procedure of the long-standing training of the soldier-[sambista] of the complex direction, which manages impact and rocking, fast and well-rocking and rocking-impact, and also the combat and strangling methods technique costing and lying already from the youthful age.

As statistics and experience shows, the traumatism as a result of competitions with the minimum limitations in prepared thus [sambistov] - is often less than even in the sport fight of SAMBO (unarmed self-defense) and other forms of sport, T.k. special mental preparation here is ground, man- soldier knows, to that it goes and therefore respectively it reacts to the situation of battle.

Respectively is ground protection technique (paradox of traumatism in the contact and the the noncontact [karate]).

In our competitions in the combat of SAMBO (unarmed self-defense) the judge does not stop and does not separate soldiers, artificially returning them to the distance of impact, as this is done, for example, in the boxing, to [kikboksinge] and the majority of other impact forms of sport, which decreases [prikladnost] on the comparison with the real battle, where the duel no one stops.
The hence total quantity of impacts in the competitions in the combat of SAMBO (unarmed self-defense) - is minimal. Minimally both a quantity of such injuries as tensions, dislocations and breaks, since the general “viscosity” of fight are substantially below, on the comparison with the sport forms, since the fight “is diluted” by impacts.

The club of the combat of SAMBO (unarmed self-defense) has long ago passed way from the wide prohibition of the actions of athletes in the battle and in the discussions, and in practice. We are convinced that this is the world-wide tendency in the peace of single combats and combat of syn. Occurs the unique revival of [gladiatorstva] at the civilized level and with the observance of the standards of sport ethics. Not after the mountains conducting group competing combat and duels with the weapon in different variations.

For the present moment the characteristically wide attraction of the related forms of the single combats: [karate], jiu-jitsu, hand-to-hand fighting, [kikboksinga], [pankratia], Greco- Roman and free fight and other forms to the competitions in uniform rules with the minimum of limitations under the flag of the combat of SAMBO (unarmed self-defense).

As a result, in our opinion, in all styles of single combats the real possibility of the progress in the result of the visual sensation of gaps in the technical, tactical and psychological preparation and the possibility of their correction will appear, and will be also actively formed the personality of conqueror, ready to the extreme conditions for real battle.

Work on the organization of competitions and the improvement of the rules of the combat of SAMBO (unarmed self-defense) continues in the correspondence with the plan of the club of the combat of SAMBO and Moscow federation of SAMBO.

**BASIC TASKS AND THE REQUIREMENTS, PRESENTED TO THE SPECIALIST - THE INSTRUCTOR OF THE COMBAT OF SAMBO (UNARMED SELF-DEFENSE)**

In this theoretical article it would like popular to present some aspects of the model of specialist, who possesses certain necessary circle of knowledge about the object of teaching of the material of the different-scale nature, necessary for the instruction of different contingents.

Combat of SAMBO (unarmed self-defense) — hand-to-hand fighting in the present time in the primary structures teaches predominantly in two directions:

1. As the division general physical preparation.
2. As special the object (together with by shooting and by others applied military by directions).

The requirements, presented to training of specialist, are sufficiently high.

, first of all, they enter into the wide circle of knowledge about the object of teaching: medical aspects, anatomy, physiology, biomechanics, general and special psychology, the wide general cultural horizon, which includes knowledge in the adjacent regions of activity, and also the skill to compile programs for different contingents in the correspondence with different functional direction of these contingents.

Therefore this limited contingent of specialist- instructors must have and has higher education and scientific degrees with the broad band of knowledge on the object, used in different state power-distribution systems both, and abroad, T.e. to manage object at the level of world knowledge.

In the present time according to the experience of foreign specialists in some training centers, for example, in the center of training the professional bodyguards of the USA and center of preparation for the combat operations of the USA (8^[AT] - Special Force), it goes separate teaching on I see and to the directions: protection and attack with the knife, shooting, detention and T.d.

Individual specialist conducts each course.

Subsequently, it can be, will arise also the possibilities of separate teaching, but in the present time after the insufficiency of
qualified personnel and supplies with training of specialists we, probably, they must put entire most necessary volume of knowledge and habits into their preparation by the existing means.

With compiling complexes and programs for the preparation it is necessary to adapt knowledge according to the assumed activity of the trained contingent, taking into account nature (form) and the scales of this activity, and to also consider the possibility of instruction in technical actions with the weapon and without the weapon, special physical training (since most frequently for purposes of the savings of time adapts the combined method) theoretical, tactical-technical preparation, and also the course of rendering to first aid with the injuries and basic lawful standards.

A question of training this instructor- methodologist or instructor concerning the combat of SAMBO (unarmed self-defense) becomes urgent, since is possible the version of method to the work into the primary structures on the contract of the contingents, which already have annual or two-year preparation with the bearing of the service term in the armed forces under the management of instructor. Therefore instructor must in a specific manner introduce individual corrections into training of volunteer contract soldier or professional serviceman of one of the primary structures, individually approach the special and physical training of this contingent.

Depending on professional tasks and most rational conducting of battle, characteristic for this contingent, the procedure of its special and physical training is built.

Depending on speed and time of conducting real battle the accent of systematic action with the physical and special preparation passes from training of the aerobic mechanisms of endurance to the anaerobic, preserving the basic principles of behavior in the real battle and the principles of the combat of SAMBO (unarmed self-defense).

Let us fix these basic principles:

1. natural motions;
2. the retention equilibrium;
3. the conducting neighbor battle, withdrawal \( s \) the line of attack, “ adhesion ” \( k \) to the enemy and the action to the enemy in the the inconvenient for it the position and convenient for being protected;
4. the action to the the vulnerable point and the zone enemy;
5. cmbined the action (in the technology motions and to the procedure instruction);
6. rapid reaction, the rapidity the wear and tear reflexes, the principle “ protection- attack ”, “ the sensation - action ”;
7. “ series attack ” — fast and well- rocking and rocking- impact technology, giving good safety margin;
8. “ internal freedom ”, spontaneous the manifestation actions.

For stable realizing of these principles the instructor in his pedagogical activity must manage the procedures of instruction in the psychophysical self-adjustment of his contingents, directed toward the finding so-called “ internal freedom ” and the elimination of internal mental and physical clamps and stresses, what is one of the central concepts, necessary for the agreement of mental and physical manifestations during the mastery of combat motions under the merciless terms for real battle. This is necessary, since in the real battle we frequently attempt to solve problem, but the existing physical training for this does not be sufficient.

Using special preparation, we attain effect the higher, the higher the requirements, presented to the psyche and the organism.

Thus , these methods — methods for the extreme loads, which activate the automatic “ start ” of the mechanisms of subconsciousness.

The achievement of maximum effect with the instruction with the minimum expenditures in minimum time appears together with this, task of specialist- instructor. Therefore the most economical and effective instruction is necessary, specialist- instructor must know the wide spectrum of the adjacent forms of single combats, analyze him and creatively process taking into account applied problem.

BASIC RECOMMENDATIONS FOR THE WORK REGARDING THE COMBAT OF SAMBO (UNARMED SELF-DEFENSE) WITH THE STUDENTS UNDER THE CONDITIONS OF VUZ
In the student bodies, which practice and which cultivate combat of SAMBO (unarmed self-defense), for the harmonious development of the system of the combat of SAMBO and creation of harmonious school, is recommended the conducting of work on three basic directions, depending on the desire of students and purposes, which they before themselves place in the process of the occupations:

- health-improvement the direction by the means sport and combat SAMBO (unarmed self-defense) (self-defence) without competing practice;
- sport direction, represented by the athletes high qualification, finished to conduct sport duels [s] minimum by the limitations against any the enemies and the representatives any the styles single combats, and also by student-athletes, which they want to be trained and to be improved in this the direction the activity with the the partial by the study of the applied [nesorevnovatelnoy] practice;
- special the direction [nesorevnovatelnoy] applied the directivity for the solution the tasks the self-defence from the attack armed or several the enemies under the conditions the stress situation real battle [s] partial sport-competing by practice.

All three directions come into contact with each other, but also have essential differences on the proportions of the study of material depending on the individual tasks of student body under the condition for the free election of these directions.

CONCLUSION

Entire material of this benefit daN on the basis of the long-standing work experience of the department of the fight of SAMBO (unarmed self-defense) of the Moscow Power Engineering Institute (TU), resting on the tradition of master of sport, the deserved trainer of the Soviet Union a.A. [Kharlampieva], the work of the club of the combat of SAMBO (unarmed self-defense), training centers of the combat of SAMBO on base of the department of [fizvospitaniya] and sport MEI (TU) and MAMI, and also on the basis of work with different special contingents of the primary structures and security service.

Among the pupils of the club of the combat of SAMBO (unarmed self-defense) MEI - champions the prize-winners of All-Russian and international competitions, championships of Europe and peace on the combat of SAMBO, the absolute duels “combat without the rules”, the jiu-jitsu of different directions, and also sport of SAMBO, [dzyudo] and to hand-to-hand fighting. Through the training center of the combat of SAMBO (unarmed self-defense) of the Moscow Power Engineering Institute (TU) are passed thousands of students and hundreds of colleagues of special units, power state structures, and also particular guarding enterprises and security service, studying the skill of battle and self-defence and being improved in the region of the combat of SAMBO.

LITERATURE

Books


Wolves v.P. Course of self-defence without the weapon “SAMBO (unarmed self-defense)”. Teaching aid for the schools of the NKVD - Moscow: NKVD USSR, 1940.


Medvedev a.N. Its majesty is knife or the Special Force in the action. - Moscow: VINITI (All-Union Institute of Scientific and Technical Information), 1995.

And here, finally, the folder with the inscription lies down before me on the writing desk: “The USSR. NKVD. Control according to Moscow region. Matter Of n2641 on the charge Of [oshchepkova] v.S. on st.58 p.6 [UK] OF THE RSFSR. Tom N1 ". Getting emaciated, the strongly shabby folder of dirty- yellowish thin cardboard, in which is hidden the tragic fate of remarkable person. Oh, and long proved to be my way to it!

But everything began with the cloudy December day of 1947, when in the journal “flame” I read the captivating description of writer [Rakhtanov] “history of SAMBO (unarmed self-defense)”. There noticeably and lively was presented Anatoliy [Kharlampiev]'s story about how it on the council of its father planned and created the Soviet system of self-defence and fight of free style - SAMBO (unarmed self-defense). It seemed that this devotee went around not entire Soviet Union only whether, tediously he searched for and demanding selected the most effective methods of the national forms of fight and self-defence. Then on their basis it created the fundamentally new and the best - Soviet system. But when in 1938 champions met into Moscow to the All-Union collection, Anatoliy said to them: “I propose to you, instead of being occupied by alien to us exotic fight [dzyudo], to try its forces in the native Soviet fight of free style -. But then, even fighting with the tied eyes, it lustrously conquered each, who still doubted the merits of the remarkable fight created with it. It they decided to name “SAMBO (unarmed self-defense)”, since it gave the possibility to protect from the attack even without the weapon.

This noisy success and truly indomitable reader's interest , such as it was reached in its time to [rakhtanovskomu] description, entirely frequently does not fall out in the portion even of the best-known journalists. It will pass soon already wholes half a century from those times, but I excellently remember, what enormous impression he produced to me and my young contemporaries. The absolute novelty of information subjugated. Description became very first story about SAMBO (unarmed self-defense) in the mass and not specially sport press. And if about the jiu-jitsu knew then by hearsay almost everyone, then that entered the sport custom of SAMBO (unarmed self-defense) was entirely recently also very not many known.

Of course I, and my young contemporaries, at that time piously believed to any printed word, and [kharlampievskaya] version caused in me no even shadow of doubt. It is singular, that me somewhat confused and remained incomprehensible: why [Rakhtanov] in their interesting description were not found by necessary to mention about v.A.Spiridonov, it is deliberately earlier than [Kharlampiev] begun to work in the field of self-defence and created precisely that system, which was called “SAMBO (unarmed self-defense)”. Its synthetic arsenal Spiridonov composed of the most reliable methods by jiu-jitsu, the
French and free-American fight, the everyday defense, and also the English and French boxing.

The fact is, that in those years I was already familiar with this system, although an even in exact figures nothing, besides surname, he knew about its author. Specifically, this purely practical acquaintance with the [spiridonovskoy] system and bewildering apropos of silence about it in [Rakhtanova] became the first pulse of that long-standing research search, which allowed me at the end of the ends to establish the authentic history of SAMBO (unarmed self-defense). In the first stage the object of my searches was only Spiridonov: its biography and work. This matter, however, proved to be considerably more complex, than it could seem the first view. Spiridonov and there were his relatives no longer in the living, his private affair in the [dinamovskikh] archives also was not preserved, and for a long time my sole information source were only the stories of its former colleagues, familiar neighbors. On this complex chain of human fates I left once to the master of sport on the shooting Fedor Ivanovich [Zhamkova], who was being herself the once immediate superior Spiridonov in last year of the work of that in “dynamo”. However, by the most interesting of the fact that told to me Fedor Ivanovich, it related not at all to his subordinate, but [osvem] to another person. Here then-t. the Is. Of [zhamkova] I for the first time and heard surname - [Oshchepkov] and interested me story about this also unknown me man, student of whom Fedor Ivanovich was in the middle of the twentieth years in Vladivostok. Since then my searches send by one additional direction - [oshchepkovskomu]. And the years of work again were required. Came time not only to find the necessary materials, but also to analyze them, almost blindly groping the mislaid, intricate roads, along which it had to pass SAMBO (unarmed self-defense) on the way to its contemporary state. Specifically, then I understood that all this is interesting and it is important on only for me very, but also even for very many.

...In the very end of the frosty, with the penetrating wind, December 1892 year in the settlement Aleksandrovsk post, in hard labor Sakhalin, in [arestantki] - peasant widow - Maria By [oshchepkovoy] was born the son.

On all canons of those distant years of baby, entering the life with the dual mark of that rejected - illegitimately borne and the son of [katorzhanki] - awaited unenviable fate. In the completion of all his misfortunes already into eleven years the boy is orphaned. But several years later life of orphan happy intersected the bright, noble expensive of remarkable person - archbishop [Japonskogo], Right Reverend Nikolai.

Without having sufficient supplies father Nikolai nevertheless it knew how to create in Japan several educational institutions. In one of them - spiritual seminary in Kyoto because of the aid of unknown to us well-wisher arrived the fourteen year old orphan VA Of [oshchepkov].

Seminary gave outstanding formation to Vasiliy, helped to become properly intelligent person in the good old Russian traditions. Fate, finally, smiled rejected - to orphan, the illegitimately born son of [katorzhanki], after opening before it enviable, it would seem, the possibility to be that dedicated to the honorable dignity of clergyman. It was explained, however that Vasiliy lived by other entirely interests.

The latitude of the views of archbishop appeared also in the fact that in the seminary for those desiring taught even bases of fight [dzyudo], altogether only twenty five years that ago created by famous now teacher [Dzigaro] of the Kahns. Vasiliy with the head dipped into this new for himself captivating element. Clever and adroit student, who rapidly understood to the technician of Japanese fight, was pleased to instructor, and that showed one important service it.

Once per year was conducted the selection of the good for the instruction in the famous institute [Kodokan]-[dzyudo], and teacher under the big secret reported to [priglanuvshemusya] to it to Russian young fellow the uncommon principle of this
Solemn day began. In the hall many young aspirants sedate settle on the straw mats - by tatami, and founder himself [dzyudo] doctor [Dzigaro] of the Kahns turned himself to them with the speech. Moralizing speech was longest and, frankly telling, in sufficiently dull. To young people, with entire respect for speaker, difficult it was to be held from otgo in order not to be examined along the sides, not to glance at its neighbors. But [Oshchepkov] he already knew that from behind them fixedly follow the instructors [Kodokana]. And each motion of high school seniors estimates by them as inconsideration and even insufficient respect for great grand master [dzyudo]. Vasilyi still as follows it did not become accustomed to sit on -Japanese: without the chair, on its own heels. The flowed in feet intolerably ached, agonizingly it was desirable to take out them from under themselves and to straighten, well it is at least simple only to move by feet, but it as before sat entirely motionlessly. But when they approached it and they said that it was accepted in [Kodokan], [Oshchepkov] it attempted to arise to the completely numbed feet, but so could not this make, but only [povalilasya] to the side.

In the archives Of [kodokana] to the present was preserved the record about the entering there of Vasilyi [Oshchepkov] on 29 October 1911 year. Vasilyi fully got to know entire severe school [dzyudo] of those years. Even during our days Japanese specialists consider that the training of [dzyudoistov] practiced in Japan is difficult for the Europeans. At the same time instruction system was especially severe and completely pitiless. Moreover this was the time, when the repercussions of recent Russo-Japanese war still were felt, and Russian fellow especially willingly was selected as the partner. In it they saw not conditionally- sport, but real enemy. Is still insufficient skillful [Oschepkova] more experienced champions mercilessly flung to the the rigid by [tatami], they suffocated and broke in hands, and it, on the [dzyudoistskomu] habit, thanked them for the science by the subdued bow even then, when in it edge proved to be broken. Soon, however, with it already became not such a one simple to fight even experienced [dzyudoistam].

Vasiliy not only successfully finished this completely unique educational institution, but also he began after this to pretend to obtaining of workshop title. And altogether it was only half a year required it in order to win the right to belt its kimono by black workshop belt. The Japanese extraordinarily zealous related then to awarding of workshop degrees - [danov], and especially to foreigners. [Oshchepkov] he became the first Russian and one of altogether only of four Europeans, who deserved in those years first daN.

Vladivostok newspaper reported the success Of [oshchepkova] thus: “...Kahn [Dzigaro] , is extremely rapid because of its salient abilities, noted by very founder of school, in six months, it reached the title “of sedan”, then is teachers of the first degree, and was obtained distinguishing mark “black belt ”.

Actually, obstinate Russian youth was honored the warm praise of the very grand master of the Kahns, who was not very generous to similar things. And for long still stored [Oshchepkov] the Japanese periodical, which wrote about it: "Russian bear attained its goal". Running in forward one should say that sufficiently soon Vasilyi appeared before strict examiners Of [kodokana], which unanimously appropriated to him the following, even higher workshop step - second daN.

After returning home , [Oshchepkov], the known not only Japanese, but also English, began to work as military interpreter. It is completely natural that, after proving to be again in Russia, precisely it became pioneer [dzyudo] in our country and it generously shared by its extensive knowledge with young people. Went 1914. In the time exotic Japanese fight was into the large novelty even for the western powers assigned tone in the sport, while in the most distant provincial city of Russia actively functioned circle [dzyudo], that counted to fifty occupying. After mastering under the management of their experienced teacher of the bases of this fight, circle members began to carry out at first internal contests in the society. Yes even very first in the world international encounter on [dzyudo] passed not to Paris, London or New York, but in the Russian “distant village” - Vladivostok city.

Let us give word to the left there newspaper “distant outskirts "; "...in the accommodation of Vladivostok society “sport” took place completely interesting contest on “[Dzyuu]-[Dzyutsu]” of those arrived of Japan in chapter with its instructor by Mr. [Khidetesi] Of [tomabetsi] of the excursionist- pupils of the Japanese commercial college of city flock and local sport circle “sport”, organized by the leader of this circle v.S.[Oshchepkovym], with the personal participation of Mr. [Oshchepkov] himself, who drew the mass of public... Some methods of self-defence were demonstrated by Mr. [Oshchepkov], moreover attacks on it were done not only with the encounter face to face, but also from behind". Miraculously was preserved even photograph, which imprinted participants in this historical encounter in the complete sport vestments and in chapter with v.S. [Oshchepkovym] and x.[Tomabetsi], which also possessed black belt.
Since 1921 [Oshchepkov] - commander of the Red Army. But in the subsequent years for it is necessary to carry out the military mission completely strange for cadre: it advertises and sells Soviet films in China and Japan. However, this especially civil commerce was altogether only “the roof”, which covered its dangerous and effective reconnaissance work. In the time and China, and Japan they were irreconcilable hostile to the Soviet Union, but a good knowledge of these countries, the free possession of eastern languages made possible for it to successfully overcome all difficulties. Yes even the outstanding knowledge of combat systems also did not interfere under similar conditions. Judging by everything, this expert of fight and self-defence being located in China did not miss the rare possibility to become acquainted also with the forerunner of jiu-jitsu - by Ancient Chinese combat system to [ushu] - directly on its native land. Subsequently in its works he called its “ears”, trying to more precisely transmit the Chinese pronunciation of this word.

But when Vasily Sergeyevich returned into Vladivostok, then certainly again he turned to its dear activity: [uvlechenno] it conducted occupations with the students of new generation.

Soon [Oshchepkov] it moved to Novosibirsk. It forever left the Far East. By the order of Revolutionary Military Council the USSR [Oshchepkov] was appointed as military interpreter into one of the staff sections of Siberian military district. Vasily Sergeyevich was the bright expert of Japanese language completely complex for the Europeans. With it, it was, even outstanding specialists consulted. And nevertheless fight and self-defence already composed one of important, if not very vital interest in its life. And having of course proven to be at the new place of residence, it immediately began to there propagandize its science of self-defence, especially important in the military medium.

At the meeting of the cell of Osoaviakhim with the staff of Siberian military district Vasily Sergeyevich spoke with the captivating report about the skill of self-defence, specially the fact that [dzyudo] is used in the armies of many capitalist countries. But in order not to be unsubstantiated, a whole series of the methods of disarmament here demonstrated. The Novosibirsk newspapers, which hurried to report this outstanding event, into one voice asserted that “methods struck with their beautiful technology of performance and produced the exceptional admiration on those being present”. In this case the master of self-defence expressed agreement to appear again publicly in order to resist the already entire group of those attacking.

It was immediately decided to organize circle on the study of the methods of self-defence for the colleagues of staff. Vasily Sergeyevich's popularity is tall. By the services of rare specialist hurried to use the local society “of dynamo”, which combined State Security Agents, and also the school of the police.

Further fate of the development of the skill of self-defence, and in the final calculation and the fight of SAMBO (unarmed self-defense) proved to be in the hands of Boris Sergeyevich [Kalpus]. There were this reliable and strong hands. Old athlete, it had general title - corps commander - and the held post of the deputy inspector of the paramilitary and physical training of the Red Army. After learning about the activity Of [oshchepkova] in the Novosibirsk military and [dinamovskikh] organizations, it immediately and error-free estimated its potentially important role in the improvement of army hand-to-hand fighting. And Vasily Sergeyevich obtained invitation into Moscow.

Now already in the central organ of the sport press - the December number of the journal “gymnastics and sport " in 1929 - appeared this intriguing communication: “[Dzyu]- to” - way to adroitness, so is called the unknown , until now, Japanese system of self-defence. In the forthcoming winter season to this system Moscow for the first time will be introduced. Recently with the sport sector [TSDKA] are opened two-month courses.

They will enter into the program of occupations: 1) thrusts, levers, the impacts by hands and by legs and suffocation; 2) the receptions of the self-defence of the unarmed enemy against that armed by rifle, by revolver, by sabre, by knife or by another silent short-range weapon ; 3) the methods of hand-to-hand fighting of two of those not armed. As the basis will be accepted the Japanese system of self-defence “[dzyuu]- to” as most studied, and the main thing representing by itself the already finished complex of different methods of self-defence.

For those desiring to be improved in this system will be created the special sport groups, which will pass training and come out to the competitions, which are planned to the conducting in the future. Instructor T. will lead courses.[Oshchepkov], the finished institute “[Kodokan]-[dzyuu]- to” in Japan (in Tokyo) “.
Vasily Sergeyevich each time began work from the impressive demonstration of his skill in execution of the methods of self-
defence and disarmament. This was it the long ago and reliably approved [trenerskaya] manner. On this time it left to the scene of the hall of the central house of the Red Army in the time of specially arranged on this case sport evening. Spectators with the interest looked at the tall, strongly folded shaven-headed man in the paramilitary, as then they spoke, the suit: in the field shirt without the buttonholes, [galife] and leggings (legging they were in [Oshchepkova] constant foot-wear). It was required entirely a little time in order to ascertain that the outstanding master and the bright demonstrator appears. It it attacked simultaneously on several of “enemies”, they attacked with the naked hands, they chopped with cartridge, split by bayonet, they beat by stick, delivered the cutting impacts by dagger, they shot at the support the pistol. And all this not “is demonstration”, but in earnest: combat bayonet, sharply sharpened knife and cartridge and even pistol was charged by the case, from which the bullet and powder were moved away, but percussion cap remained. That checking became behind [Oshchepkova] and it could accurately say, did have time demonstrator to repulse the weapon of earlier than the shot “of that attacking”, since in this case clearly saw [legkuya] the flash of percussion cap in the stem of that diverted in to the thoron of weapon, which no longer shielded the figure Of [oshchepkova].

Everything was properly, and flew away to the side the knives knocked out from the hands. Rifle either pistol instantly occurred in the hands in [Oshchepkova], without having had time even to shoot, but “enemies” they flew to [zamlyu], after describing in air by feet wide arc, or involuntarily they yelled, after falling on the iron grasp of painful method. However, in the nearest number “of gymnastics and sport " was placed the garish photo-description, which showed a whole series of these impressive methods, and enthusiastic commentary to it.

Even in the end of 1929 courses for the commanding composition of Moscow garrison for the purpose of preparation for the organization of instruction in hand-to-hand fighting on the new, prepared for the release management were organized. The methods of self-defence , disarmament entered into the program, and Vasily Sergeyevich became the leader of courses.

Certainly , it could not but assume active participation, also, in the development of this quite management. But when soon it appeared, on his pages it was possible to [uvilet] and illustration, and the description of reliable [oshchepkovskikh] methods. In this case Vasily Sergeyevich was not limited only to theory, but, after participating in the competitions [TSDKA] in hand-to-hand fighting, was engaged there first place.

At the very beginning of the Thirties was at the same time founded our famous physical culture complex, which was called unequivocal name “it was ready to labor and defense ". As one of the standards [GTO] of the second step were introduced the methods of self-defence and disarmament not only for the men, but even for the women. To develop this standard it was brought not someone with something different as To [oshchepkovu].

Vasily Sergeyevich knew how to look far forward. Look at at least this fact. In the recent decades, which brought mode to [kunfu], [karate] and [taekvondo], sharply increased the role of the impacts by feet in hand-to-hand fighting. But [Oshchepkov] still half a century ago was attached great significance to this effective means of unarmed battle. Its principle: impact-method-impact. At the same time he understood, that can give the durable habit of both the skillful use of impacts by feet and the protection from them only free struggle. But free struggle with the use of such dangerous for the health athletes of the methods of methods as the powerful impacts of feet, was impossible. And here, being by untiring innovator, Vasily Sergeyevich constructs protecting athletes plywood “armors” and even “gloves for the feet ”, substantially deadening the shocks . When I saw such here “gloves” in the photograph in the contemporary Hungarian sport periodical, then involuntarily he thought about that, to what extent it passed [Oshchepkov] its time.

The contemporary fight of SAMBO (unarmed self-defense), although found in the course of time the name, which Spiridonov used, by main it grew from the fact that was made precisely [Oshchepkovym]. Decisively rejecting primitive coaching to the methods completely extended in those years, Vasily Sergeyevich proceeded from the fact that the smoothly durable habits of self-defence can be brought up only on the wide and reliable sport basis. Sport struggle, although it appears to the significant degree of conditional, precisely it brings up such completely necessary qualities of soldier as the skill rapidly and correctly to be oriented in the instantly changing situation of fight, to in proper time and selectively use the most suitable efficient methods. And all this in spite of psychological stress of that being fighting, its stress state. Sport single combat makes it possible to tighten the useful combat habits of the situation of close one to the real struggle, meeting with the completely real and sufficiently perceptible resistance of partner.
But what specifically fight could serve as the best basis for training the necessary combat habits? Above I said that [Oshchepkov] trained for Japanese [dzyudo]. So it was at the beginning of its work, but only at the beginning. However, already in the specific stage Vasily Sergeyevich's activity, and then together with it and the work of the association of its students they became that creative laboratory, in which was born our of SAMBO (unarmed self-defense) - new, international at its basis form of sport, which combined the best achievements of many international and national single combats, including of course and [dzyudo].

But how did be born this new our form of sport fight? Vasily Sergeyevich excellently knew [dzyudo] and understood all its undoubted merits. But, in the difference from many others - foreign - the followers of this Japanese system, it just as distinctly saw its serious shortages. And, to its honor, it was by no means altogether only the timid student of the Japanese, it just as distinctly saw its serious shortages. And, to its honor, it was by no means altogether only the timid student of the Japanese, such orthodox copyist, who were fearing himself even think about breaking of “sacred” canons [dzyudo], established there is no time by itself [Dzigaro] of the Kahns. [Oshchepkov] completely it did not be going to be limited only to the fact that it was already made in Japan. He by all forces tried to create the effectively modernized system of applied fight and self-defence, which had to exceed any something different, in that number and Japanese.

The development of this [oshchepkovskoy] system occurred completely independently, in the absence any contacts with the foreign schools [dzyudo] and, what was especially important, with the canonical Japanese. Thus, Vasily Sergeyevich nothing it connected, nothing it it interfere withd, it was completely free in its creative activity. Vasily Sergeyevich's approach to its work was truly scientific. This approach, as is known, requires a constant revision and the replacement of the obsolete positions; their strict critical estimation on the basis of new, more foremost, progressive knowledge. Specifically, so, scientifically and properly creatively, it approached [Oshchepkov] its matter.

By [tatami] in our athletes they was absent, and them they replaced with soft [bortsovskim] carpet. Instead of the free as overalls, Japanese kimono were introduced [pritalennye], narrower, the jackets. They forewent also the [dzyudoistskikh] trousers, after replacing with their sport cowards. They fought not barefoot as the Japanese, but in “[bortsovakh]“ - special [bortsovskikh] light boots.

To the first view it can seem that the changes are insignificant. But it was completely not thus. All this unavoidably entailed the appearance of the specific special features of technology, substantially different from the the classical [dzyudo]. In order to understand the full value of these factors, it suffices to recall a reverse example, as in the Sixties for our [sambistam], which began to come out into [dzyudo], it was necessary be retrained to thoroughly taking into account rigid by [tatami], free kimono and barefooted soles.

The presence of soft carpet not only [smyashchalo] of a drop in the champions, decreasing the injuries, but also contributed to the successful development of technology of fight lying. Japanese themselves subsequently noted that this division of SAMBO (unarmed self-defense) technique is more perfect than into [dzyudo]. And our fight even specially was studied in order to enrich its arsenal of methods.

By whatever this today will seem by strange, but the procedure of the teaching [dzyudo] even in Japanese themselves, without speaking already about their foreign followers , was developed extremely weakly , practically it was absent in the times Of [oshchepkova]. They trained for eye, each to the extent of their experience and abilities. In exactly the same manner Japanese specialists denied the need for the [obshcherazvivayushchikh] physical exercises and simply ignored them.

Vasily Sergeyevich wrote as follows: "...our task consists of raising of a matter of study [dzyuu]- to, especially from the systematic and hygienic side, to considerably the higher step than this is achieved, for example, by Germans, this whose system in last year took the shape of a form of mass sport... In systematic sense on the study [dzyuu]- to we disperse not only from the Germans, but also from the institute Of [kodokan]... As far as the institute Of [kodokan] is concerned, it until this time did not find time to develop the division of the preparatory exercises of the [obshcherazvivayushchego] nature... the possibility of the uniform development of organism without the special exercises is achieved be it cannot".

For a period of many years of his work Vasily Sergeyevich was not locked within the narrow framework [dzyudo]. The broad band of its professional knowledge covered still and the latest achievements of the domestic, West European and American
sciences of physical training. This gave possibility valuably, also, at the contemporary to it scientific level to fill the essential
gaps of Japanese system. So as the exercises of the [obshcherazvivayushchego] nature he widely used the so-called “free motions
" from the systems of Mueller, [Buk], [Syurena], from the Swedish system. A strict medical control of the status of the health of
those occupying was also introduced.

Substantial changes were introduced also into the rules, which were improved and approached thereby rules of other, already
practiced international sport single combats.

It seems, however that the important significance for the formation of the new, “synthetic” form of fight had a creation of
technical, and in connection with it and its tactical arsenal. Itself Of [oshchepkov] several considered above this question,
removing to it the almost decisive role. He specially indicated that fight it follows not simple passively to study, “but also to
attain its application in a matter of strengthening the defense capability of our country, after enriching by our its achievements
in the sense of the procedure of its study and technology of the fulfillment of its methods” (it is isolated by me. - M.L.).

[Oshchepkov] without any fluctuations it rejected many “antiquarian values ” [dzyudo] and decisively renewed technology. In
the place hopeless of those become obsolete came new, efficient methods.

Steady enrichment and improvement of technology by the most varied ways was one of the basic tasks of Vasilii Sergeyevich.
First, it introduced painful methods to the feet, which in the the sport [dzyudo] were not used. Furthermore, was begun to operate
also very training- controversial practice of numerous [oshchepkovskikh] students and, certainly, Vasilii Sergeyevich himself. It
unavoidably gave birth to its specific special features in that most enriched “technology of the fulfillment of methods ”, about
which he spoke [Oshchepkov]. Indeed this practice came already in the new, the different from the the traditional [dzyudo]
conditions and, naturally, it brought some original methods and their combinations. All this, undoubtedly, gave its results, but
another nevertheless became decisive.

[Oshchepkov] analyzed all existed then international sport single combats, Chinese [ushu] and a whole series of the national
forms of fight from the point of view of the applicability of their technology in the combat struggle. In the orbit of its close
attention proved to be not only the impacts to [ushu], English and French boxing, but other methods “by Finnish- French”, or a
whole series of other forms of the fights, which Vasilii Sergeyevich named “free”: free- American, Swiss, Caucasian and
Persian. It specially noted that some methods and especially the thrusts of all these forms “free” fight can successfully be used
also for purposes of self-defence.

Attempting to as widely as possible inject the useful habits of hand-to-hand fighting, [Oshchepkov] it untiring conducts work in
the most varied military and civil organizations, but the teaching in the Moscow institute of gymnastics becomes present sidereal
clock in its activity. Substantial to move forward a matter of propagation in the country of new fight and self-defence it was only
with the condition of the sufficiency of trainers. And Vasilii Sergeyevich transferred his knowledge of young people, which
obtained higher physical culture education. It transferred as sequential rod to the new generation of the highly skilled trainers,
and they as if in the the starry [estafeet] they bore the obtained knowledge, multiplying by their own experience, into many cities
of the country.
Now Vasiliy Sergeyevich was already not one, in work all new generations of his pupils successfully were included: V.G. Kuzovlev, V.V. Sidorov, N.M. Galkovskiy, I.V. Vasil'yev, A.A. Schoolboys, A.A. Kharlampys and many others. They taught not only in a whole series of capital circles, but also in Leningrad, Kharkov and other cities. Gradually self-defence and sport fight based on it begins to be studied into all four institutes and twenty four technical schools of the gymnastics of the country.

Work in infizkulte it gave Oshchepkovu the unique possibility to be introduced to the national fight. In the Moscow institute by entire groups came absorbed by physical culture strong and adroit fellows from the national republics. Each of them was almost well familiar with the skill of the fight of their people. Being occupied in Vasiliy Sergeyevich, they dexterously used on the carpet familiar methods their own, from the childhood and, still themselves without realizing that, their contribution to the new, only still been born fight made.

One ought not, however, to think that Vasiliy Sergeyevich remained the apathetic spectator of this creative process, in which participated tens of champions, which presented national single combats, and international forms of fight.

In the principle Of Oshchepkov it made the same evolution, as Spiridonov, but at the higher level: after getting to know Japanese system, he understood that it is possible and necessary to create [eshe] that more advanced, but already international nature, and this, undoubtedly, opened the considerably wider horizons. Its work became new and higher turn in the progressive development of the new applied form of fight.

In the rules of the competitions, developed By Oshchepkovym in 1933, in the quality of those permitted were indicated not only Japanese, but also the methods of Finnish-French and free-American fight in the parquet, while in stotske besides the thrusts from these two forms of sport single combats even from the Swiss and the Caucasian.

After this stood the cardinal and decisive changes, which for the first time designated that wide and reliable international base, on which With Oshchepkovym began to be built the fundamentally new applied form of fight. It went considerably further Spiridonov and it was in this more sequential.

It is necessary to explain, that were those forms of the fights, which were mentioned in the rules. French (i.e., classical) fight was called Finnish-French in those years how was noted the serious contribution to its technology, made by Finnish champions. Free-American - this is the free fight, but which in the time had available more rigid, in the essence - painful methods. Swiss, or Russian-Swiss, even from the times of old circus championships was a simple Russian fight on the belts, to which thus the advertising foreign coloring was given. However, Oshchepkov had in the form that technically richer variety of waist [bborby], in which the steps adapted. By Caucasian in the first turn were implied Georgian [chidaoba] and Azerbaijan [gyulesh], which is differed little from the Persian fight.

Similar was that situation, in which Oshchepkov gave in its rules green light to national single combats and turned to their study. Its student - a.A. The Kharlampys thirty years it later wrote about the fact that Vasiliy Sergeyevich even specially arranged
The matches of his pupils with the representatives of the national forms of fight, in the first turn of Georgian - [chidaoba], and to Uzbek - [kurash]. To its student and to assistant on the teaching in the institute to Boris [Sagatelyanu] it charged to bring from the trip in the Caucasus of the photograph of the phases of the performance of the methods of Georgian fight.

[Dzyudo], from which once began [Oshchepkov], gradually but increasingly more noticeably was converted altogether only into one of the components among many other international and national forms of fight, synthesized by new applied single combat. And the more it passed time, the more strongly dispersed the ways of Japanese system and our fight.

When at the beginning of the Sixties known American [dzyudoist] the high seventh it is given - Donna [Dreger] - it wrote the stated below words, it not only established fact, but even and [potverdil] by the rear number absolute correctness of the way, selected As [oshchepkovym] in thirty more years thus far: "[Dzyudo] - passed stage for [sambistov]. They very rapidly and simply mastered [dzyudo]. I do not want on this to dwell, but you must know that [sambisty] after 4-6 months of preparation could successfully fight with the possessors of the 4th it was given (note that in this case they were limited by unusual for them rules [dzyudo])."

The distinguishing feature, with which encountered [dzyudoisty] on the first competitions with [sambistami], were special stability from the thrusts in all directions, their phenomenal balance. The attempts of [dzyudoistov] to conduct thrusts in the counter and revolutions in the parquet were divided off against the protection of [sambistov]... They are the masters of conducting painful methods of all positions, in that number and from the counter. [Dzyudoisty] must solidly master, that the painful methods can begin in the counter, and [sambisty] frequently use this technology... The seizures of [sambistov] frequently place [dzyudoistov] in the helpless position by their force and by effectiveness...

SAMBO (unarmed self-defense) - these are call [dzyudo]. Until now [dzyudo] imagined about itself too much. After surrounding by the barricades of Japanese traditions, it felt itself more or less in the safety. Now in this narrow sport peace appeared the new form of fight, such as SAMBO (unarmed self-defense), which opens the unexpected fact - [dzyudo] not completely, it has many diseases and from the point of view of contemporary relation to the sport competitions requires an attentive study and study.

SAMBO (unarmed self-defense) seizes the east and Europe. This word now causes among [dzyudoistov] attention and respect, since the impacts, substituted to SAMBO (unarmed self-defense), were completely sensitive and required the revision of a whole series of positions into [dzyudo]."

Thus, if once, in the first stages of his existence of SAMBO (unarmed self-defense) were used the achievements of Japanese fight, then then it began with the interest to return to it old debts, noticeably influencing also its rules, enriching and modernizing it.

[Oshchepkov] constantly it worried about conducting of public contests for its students. He excellently knew that under the critical conditions of competitions especially strictly are checked and together with the fact are attached the habits, obtained during the trainings. Without speaking already, that the public appearances served as the outstanding propaganda of the new form of fight. Vasily Sergeyevich organized the first open competitions in the institute of gymnastics still in 1932. For the following year took place the contests in the framework of the first higher educational spartakiada of institute. In 1935 took place not only the superiority of the institute of [fizkltury], but also the first championship of the capital. From those times they were conducted regularly, even in the heavy military time, besides 1943 and 1945. Without having remained the Muscovites, Leningrad fighters against the same, of thirty fifths also began to systematically organize the superiority of their city. Their last pre-war championship ended literally in two weeks to the Fascist attack on our country.

By Vasily Sergeyevich's efforts they were organized first only Moscow, and then the All-Union section (federations) of the free fight [dzyudo], chairman of which, it goes without saying, became it itself. However, already came the time of mass repressions, universal fear and suspiciousness, and above [dzyudo] as above the system, which arrived from hostile to us in those years Japan, clouds could not but be congealed. The hostility and distrust already frankly began to prevail above it, and for the persons leading in the sport - even fear to be those accused of the harmful hostile activity. To young generations this is difficult even to present, but then the least shadow of suspicion, be casten albeit by the deliberately false denunciation of any of scoundrel - ill-wisher, completely it could cost not that that quarries, but life itself.
When another discussion dealt against [dzyudo] as with the system of self-defence, then against negative opinions it was possible to contradict its undoubted need and the [prinosimiyu] benefit. But here to cultivate “Japanese fight” in the quality of so useful and equal a form of sport - was already heavyish. Here fears and objections on top arose in the total increase.

Fight [dzyudo] was generally excluded from the training programs of institutes and technical schools of gymnastics. But Leningrad Sportkomitet (Committee for Physical Culture and Sports) forewent that planned was because of the efforts Of [oshchepkova] of the [matchevoy] encounter of its fighters against Muscovites. Of course Vasiliy Sergeyevich in no way could be subdued to these is completely not explained by absurd, but in the reality - by in a cowardly manner selfish actions. Altogether only in four months before its tragic loss he writes the sharply protesting letters to All-Union Sportkomitet (Committee for Physical Culture and Sports), the inspection of physical training and sport of army; in the Moscow, Leningrad, Ukrainian and Transcaucasian institutes of physical culture. No answers to these letters Of [oshchepkov], whose days were already considered, certainly, it did not obtain.

Vasiliy Sergeyevich worked then at the book, he presented in it the rich results of its long-term creative activity. However, to finish this capital labor, which became the matter of its entire life, To [oshchepkovu] so was not brought. Already began unkind memory thirty seventh year. In the entire country went for a walk ominous to [krugovert] night arrests. “It is better to arrest ten innocent than to miss at least one spy” - this “quantitative” approach was the guarantee of the State Security Agent “vigilance” of those years. The criterion of criminal unreliability was then to the stupidity it was simple: they arrested those, who was abroad or had relatives, familiar there. Vasiliy Sergeyevich had a misfortune to fall precisely under this category. And on 29 September on Lubyanka was affirmed the so-called “decision about the election of the measure for suppression and the presentation of charge”, in which deceitful it was asserted: “[Oshchepkov] Vasiliy Sergeyevich sufficiently is convicted of the fact that, living in the USSR, is occupied by espionage into the benefit of Japan... the citizen Of [oshchepkova] to draw in the quality of that of creative forces, altogether only of forty four year olds, and as many most useful and large matters remained it not made...
already sufficient widely practiced international sport single combat. But at that time in our country was cultivated altogether

accepted by conference and [potverzhdennoe] by the order of [goskomsporta] the name of our fight duplicated up “name”

combat, but also according to the relation to the most classical [dzyudo] of the country of the ascending sun.

already obvious that the retention of Japanese name is wrong not only according to the practiced applied single

name “[dzyuu]-to”, anticipating this name by the elucidating words “free fight” or “the fight of free style”. However, it was

independently of the Japanese system confidently it went by more promising way. And only by its inertia still they continued to

essence, this was the already new independent form of fight, which was developed according to its own laws and completely

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The shorthand record of conference became the last document, in which was used the name “fight of free style ([dzyuu]-to)”. And here are participants in the conference, who were being occupied by the already substantially reconstructed By [oshchepkovym] fight [dzyudo] and whereas those arrived to the conference, dedicated to precisely this single combat, heard suddenly in the first phrase of the [kharlampievskogo] report: “The national fights of our immense Soviet Union served as the basis for creating the large general fight, which now we with you all call ‘the Soviet fight of the free of [stilya]’”. And although no one, and nothing similarly called never, everyone completely [distsiplinirovanno] it sat and harmoniously they held the tongue. They, of course, knew that the national forms of fight introduced their specific elements, but just as clearly they

But then Anatoliy worried only one: need as most reliable possible from its teacher, to faster cross entire labor “of the enemy of people”. And here are participants in the conference, who were being occupied by the already substantially reconstructed By [oshchepkovym] fight [dzyudo] and whereas those arrived to the conference, dedicated to precisely this single combat, heard suddenly in the first phrase of the [kharlampievskogo] report: “The national fights of our immense Soviet Union served as the basis for creating the large general fight, which now we with you all call ‘the Soviet fight of the free of [stilya]’”. And although no one, and nothing similarly called never, everyone completely [distsiplinirovanno] it sat and harmoniously they held the tongue. They, of course, knew that the national forms of fight introduced their specific elements, but just as clearly they understood, that starting point for [Oshchepkova] were completely not these single combats, namely [dzyudo]. But Anatoliy those not less of all forces “brought base”.

Re-reading the shorthand record of conference, I in no way can be finished from the impression, that was passed there some incomprehensible play of the theater of absurdity, possible only in the irrational time. The play, where the actors confidently pronounce from the scene nothing of the kind, which is written in the play, and spectators, who excellently know about this falsity, nevertheless harmoniously express their complete agreement with it and even approval. But where you will disappear, if all this truly - lie into the rescuing, yes even into what vitally necessary rescuing! Here and they listened to, approved and [beshenno] applauded, fear to end to flap down earlier than others, when Anatoliy pathetic screamed out the sacramental on-duty words: “Only in our Soviet country, [rukovodimoy] by the Communist Party, which goes under the banners of Lenin - Stalin, only in the Stalin epoch, warmed by the Stalin concern about the man, the peoples of the immense Soviet Union of republics knew how to create the excellent form of sport - ‘the Soviet fight of the free of [stilya]’!“ (I cite accurately on the shorthand record!).

The shorthand record of conference became the last document, in which was used the name “fight of free style ([dzyuu]-to)”. Last word was cut off and left only three first. Strictly speaking, a similar change in the name was completely timely and valid (of course when it it would pass entirely under another, not such sharp red sauce). All that in the years of persistent creative labor was created By [oshchepkovym] and association of its students, clearly gave to fight original and original features. In the essence, this was the already new independent form of fight, which was developed according to its own laws and completely independently of the Japanese system confidently it went by more promising way. And only by its inertia still they continued to name “[dzyuu]-to”, anticipating this name by the elucidating words “free fight” or “the fight of free style”. However, it was already obvious that the retention of Japanese name is wrong not only according to the relation to the practiced applied single combat, but also according to the relation to the most classical [dzyudo] of the country of the ascending sun.

Accepted by conference and [potverzhdennoe] by the order Of [goskomsporta] the name of our fight duplicated up “name” already sufficient widely practiced international sport single combat. But at that time in our country was cultivated altogether
only one international form of sport fight - French (classical, now - Greco- Roman), and the name proposed emphasized a vital
difference from it in the applied fight, its wider technical arsenal, free from the conditional limitations by French. At the same
time [volnya] fight according to the international rules in the Soviet Union yet was not cultivated and it was even generally little-
known; therefore the undesirable agreement of the designations of two different varieties of fight then occur it could not.

So or otherwise, but then, in the end of the thirtieth, [oshchepkovskaya] fight because of its artificial irreproachably patriotic
origin and clean form already without difficulty obtained "residence permit ". The clouds above it were scattered. It began the
turn of the large contests: [mezhdugorodnie] matches with the participation of the commands of the fifth-sixth of cities, and since
1939 even superiority of the Soviet Union.

The development also of combat division successfully occurred together with the sport. The years of war convincingly proved
that for Vasily Sergeyevich, in spite of premature death, it was possible to successfully accomplish her task and to place the
bases of the combat system, which exceeds Japanese.

Already departed from the life, defamed as state criminal - [Oshchepkov] those not less made his contribution to the cause of
fight with our fatal enemy. There was no old master in the living, but his reliable methods they served accurate service,
demolishing in merciless hand-to-hand fightings and Hitlerites, and Japanese Samurai...

But to the created With [oshchepkovym] fight still twice it [zhovelos] to change name. From “the fights of free style " it became
“free fight ". But also this new "[imechko]" was used in all in the course of five years. The matter was in the fact that, being
prepared for the output to the wide international sport arena, in our country in the middle of the fortieth years they began to
cultivate free fight according to the international rules. And in the framework of the system of our sport proved to be suddenly
two different single combats, which have almost identical designation. It is natural that in the young Soviet form of fight they "
selected" name into the benefit of the honorable international fellow, and began sufficient- after all the complex searches for new
name. In end- ends they decided to stop at “free fight of SAMBO (unarmed self-defense) ", taking into account the applied
directivity of new fight and even its specific technical- tactical proximity to the system of self-defence. Thus arose the alloy of
these contradictory words - fight of SAMBO (unarmed self-defense), whose opposition we already simply do not note. It is not
difficult to present, as they would be agitated and [Oshchepkov] and Spiridonov, after learning about a similar name of fight!
Indeed they not only were located with respect to the specific confrontation, but also they correctly considered that the systems,
created by them, are far from identical and even they resist one another.

The invention of this ringing abbreviation - “SAMBO (unarmed self-defense)” - the Kharlampys it was inclined consider as the
only merit v.A.[Spiridonova]. It asserted that the [spiridonovskie] methods allegedly are generally impracticable and simply
anywhere they do not befit. Meanwhile precisely Spiridonov, the officer of old army, who had combat orders for the
participation in the Russo-Japanese war, made the first and, probably, the most difficult step in the creation of the synthetic
combat system, which absorbed the best achievements of the most varied forms of single combats. , It intended its system ,
which completely successfully withstood the tests by time, only for the official use by law-enforcement agencies. But for
purposes training the guards of order Spiridonov created also its purely sport version, according to which were conducted the
closed competitions.

After war Anatoliy Arkadyevich Kharlampy he completely deservedly became individual and indisputable leader in SAMBO
(unarmed self-defense). It would be dishonestly doubt its very large merits in this region. But, to the regret, its human dignity
clearly was inferior to professional. Even then, when its teacher [Oshchepkov]'s name was finally purified of mean mud of false
charges, Kharlampys so did not find in itself courage say truth about the appearance of SAMBO (unarmed self-defense); to
render proper to volume, who trained it, novice, to the first methods, and to decisively forego his imaginary authorship. More
that, it even improved its “auto-myth”. It began already to assert, supposedly the task to create to SAMBO (unarmed self-
defense) gave to it in 1922 not who by other as the hero of revolution n.I.Podvoyskiy, although was then Anatoliy fifteen year
adolescent, who did not receive even secondary education.

Are famous [rakhtanovskiy] description it was circulated all these years many times. Its enticing subject willingly retold other
sport journalists. Similar materials dispatch literally by door post. Itself of the Kharlampys in many its interviews to the end of
the life also zealous developed pleasant to it version. So that myth clearly acquired already the outlines real historic evidence .
But several years ago it even obtained cinematographic embodiment in the film “invincible”.
It must say that also I myself returned tribute to the omnipresent legend. My prolonged error was exaggeration even without that sufficient big merit of [Kharlampieva] itself. Very for long I simply in no way could visualize that the manipulation in the history of SAMBO (unarmed self-defense) can have so impudent a scale and nature. It was confident, that precisely Anatoliy Arkadyevich, but not his predecessors and teacher, it made the decisive contribution to the creation by SAMBO (unarmed self-defense). I yet did not know much, he was in error mainly; however, with the deep satisfaction I think about the fact that even with these conditions I to the extent of my knowledge always tried to be objective and never said neither that that allegedly the Kharlampy its was first nor those more - only. Trailblazers for me they always remained Spiridonov [Oshchepkov].

The almost decisive importance had also a complexity an absolute lack of study of the problem, above solution of which I began work, the scandalous incompleteness of factual material and his improbable confusion, frequently premeditated. So that in order to untangle this entire [gordiev] the unit, into which ominous interlaced the highly affirmed murder, intelligible fear, self-confident ignorance, extremely skillful lie and dense curtain of oblivion, was required not one decade.

In the same time literally for years it was impossible to publish truthful materials about the origin of SAMBO (unarmed self-defense). It occurred, that them " braked" and itself Anatoliy Arkadyevich. In me was this sad experience: then my description for “the week” they gave to the opinion to this [metru], and he said what cannot be printed in no way : “A that it is obtained, that we everything borrowed in the Japanese ".

Of course after this opinion they refused to publish description, although at first it interested editorial staff in its novelty. These were although the already and residual, still completely perceptible repercussions of notorious “fight with the cosmopolitanism ". Long years was conducted this very loud and sufficiently dirty campaign. Its ideologists, with the fury speculative and frankly ignorantly denied the ancient inclusion of Russia in the process of the development of world-wide culture. “Foreign adoption " became offensive and even frightening. It was considered necessary “patriotically” to prove that absolutely everything in our country was developed and she was created by exceptionally only quite our ancestors. Any falsification is better, only not to recognize strange adoption. And there were even such dodgers, who defended dissertations, proving, that allegedly the boxing “gradually developed " from the ancient Russian fist fight. But then because of similar stupidities other “well-wishers” it is gloating of [ostrili]: “Russia - the native land of elephants ".

Here and with my description the same: and suddenly they do learn, that did begin from the the Japanese [dzyudo] and jiu-jitsu? But indeed Japanese themselves borrowed the bases of their of jiu-jitsu from China. And all this was within the same framework of indispensable of bases of the development of the world civilization: the inevitable and constant exchanges of values between different national cultures. And, the word of honor, I saw in this in exact figures nothing harmful and anti-Soviet!

Even when in 1982 for me it was possible finally at least casually to mention about the [rakhtanovskoy] “history” in one of its books, this caused present rockfall to my culpable head. Against me harmoniously took up arms the students Of [kharlampieva] of the most different generations. These were graduates the workers of the Moscow Power Engineering Institute, in which taught Anatoliy Arkadyevich. Even now, after all stormy and not too [priglyadnykh] events, in me cannot but cause respect this completely natural motive to protect its teacher. They all as one, without knowing truth, piously believed to each word of Anatoliy Arkadyevich, they were convinced that SAMBO (unarmed self-defense) arose [imanno] so, as it asserted, and any doubt about this axiom they received as soon as as insulting and blasphemous sacrilege. Only here, to the regret, in spite of all this it was brought by them to once more prove the obvious truth: the impossibility to fight even for the very noble aim by dirty means. But they began fight not with the concept, erroneous to their view, but against its expressed person. Instead of [otgo] in order to boldly prove my injustice in the honest, open discussion, they simply to [nakatali] to me extensive and sufficiently plain denunciation, after sending it “to the top itself " - in TsK of CPSU (Communist Party of the Soviet Union). From the entire soul desiring to hope that this work will become one of the last models of the hopeless obsolete, to [positine] killing epistolary genre, which by double color bloomed in unkind memory thirty the seventh, I want to say about it a total of several words.

More than anything me struck frank stupidity and untidiness of the charges advanced against me. In my book I in detail described, as the fight of SAMBO (unarmed self-defense) was born in our country, and me they seized in the fact that I assign authorship with respect to this fight... To the United States of America ! However, probably, precisely such is necessary in a similar genre.

In the denunciation it was reached and the supported me federation of the fight of SAMBO (unarmed self-defense) of the USSR.
[Paskvilyanty] reported according to the authorities about the ominous secret of this public organization: it occurs into its presidium they selected “face of Jewish nationality”. (When subsequently I it learned, that the pre-election program of society “memory” was printed in the printing house MEI, then it no longer astonished to this).

Untiring and “noble” champions for the validity, preserving the completely serious and even pathetic excited expression of face, they were ready to writhe what conveniently fool, provided to know how to place shadow on the so not pleased by them fence. And in this case to still secure by the support of the same not too legible people from the influential circles. However, all this was only light limbering-up. As they speak, evil misfortune beginning. Events continued to be developed, I even said, noticeably is gained itself speed.

By quite strange (but it can be, exactly vice versa - regular?) there was the fact that in TsK that time this dirty paper did not fly immediately into the basket for the rubbish, but it they thoughtful registered and sent on the subordination - into [Goskomsport] of the USSR for the examination and the adoption of the corresponding measures.

ON [poveleinyu] more than in the federation of the fight of SAMBO (unarmed self-defense) of the USSR was assigned the consideration of my book. Of course keeping in mind its complete crushing defeat with the subsequent universal and decisive censure. The scenario of this procedure was worked out already very long: “thus were discussed many periodicals and books, not the even number of my. However, even on the distant approaches to the consideration were revealed certain unforeseen facts.

My book was calculated only for the young reader: stories about the combat systems of the entire world, and by main about the history of SAMBO (unarmed self-defense), alternated in it by materials for the independent study of this fight. And greatly it astonished me, what book completely unexpectedly in earnest interested many veterans of SAMBO (unarmed self-defense) - those, who made the big enough contribution to the cause of his propagation, development and improvement. Not the external lessons of SAMBO (unarmed self-defense) of course interested them: any of them could teach me very and very, very to much. It attracted attention of veterans the history of their form of sport, it is for the first time truthful and more or is less fully described.

Excellently knowing, as in the reality it was born by SAMBO (unarmed self-defense), veterans decided to arrive for the consideration and to say their there weighty word, without depending on that how this will be met in the tops. Special activity appeared the two-fold champion of the Soviet Union, one of the very first students Of [kharlampieva] - Andrey Andreevich [Budzinskiy]. Said their there convincing word other veterans.

Meanwhile the terms of the presidium of federation were specially set in the reputation, that “very comrade of potters", chief of [sportsektora] of the division of the propaganda of TsK, at which conference "condemned" my ill-starred work and said that his release - the error of publishing house. (Most likely - according to the tested principle: “I myself did not read, but decisively I condemn!”). So that gathering it was very even about which think. But they took yes and did not take into consideration of the required “higher” opinion, they did not be afraid not to agree with “itself”. But indeed we then yet did not begin to breathe with air of reconstruction and glasnost, thus far it was still far. Each risked on the smaller measure by trouble, and that by post itself. And nevertheless all not only not “condemned”, not [prznali] the book of vicious, but they unanimously gave to it, be it can, and the not completely deserved, appreciation. And it was necessary at the end of the ends for the zealous leading comrades to swallow this bitter pill and to remain, as speak gambling fortune tellers, altogether only with the empty troubles and the peak interest. Certainly I was grateful to member presidiums of federation, which decisively came forward to my protection. But, perhaps, even to the larger degree I experienced pride for all these real people, the renowned athletes, whom once in the past order honest and uncompromising struggle on the [sambistskom] carpet and who and in their life did not incline the head before the so advantageous [krivodushiem] of situation.

This critical episode ended for me completely satisfactorily, but the consequences, caused by the book, dispersed as circles along the water, and they did not cease me to astonish. Untiring [Budzinskiy] on the wave of the interest in the biography of SAMBO (unarmed self-defense), which was waked up in the souls of veterans, very soon created the council of the veterans of this form of fight. And very important was the fact that the interest of veterans had in any way not passive- theoretical nature. Completely no! They raised their personal archives, they were turned into the state depositories of old documents, found their former associates on the sport, whom it remained, to the regret, entirely a little, they were copied with the museum workers even of such distant localities as [otsrov] Sakhalin. And it is in no way amazing that they succeeded in revealing the entire layer of new and
very valuable documents. The materials, raised by them “on mountain” proved to be to the rarity interesting. They allowed me not only substantial to refine and to enlarge knowledges already existing in me, but also to open completely unknown earlier facts. All this made possible anew, also, with the considerably larger accuracy to analyze genealogical SAMBO (unarmed self-defense).

Mikhail [LUKASHEV]

To be born in the tsarist prison in order to die in the Stalinist

it is published into “combat skill of the planet " Of n7/97

Our press greatly much wrote about how in the [bylye] times “unanimous and angry censure of party and wide masses of workers " underwent “unprincipled” works of the most widely known writers: [Zoshchenko], [Akhmatovoy], Pasternak. But here so that highest party anger could attack the modest, purely sport book - rather difficult even imagine. And nevertheless, as it [gosoritsya], this case occurred. Do not understand wrongly: i and in the mention do not have foolish thought to place itself in one row with the named coryphaei of high literature. ; however a similar tragicomic incident happened precisely of me, when in 1982 appeared my book “ten thousand ways to the victory ". But in it I for the first time could open slightly the cover of the secret above the mechanism of the manufacture of the solidly affirmed and officially approved myth about the creation by SAMBO (unarmed self-defense) a.A.[Kharlampievym]. And he directly named the creator of this remarkable fight and self-defence of his thanklessly forgotten teacher, punished in 1937 by v.S.[Oshchepkova]. Here are at that time the high-principled informers immediately of [nastrochili] loyal complaint and not somewhere, but to the top itself - in TsK of CPSU (Communist Party of the Soviet Union). As the answer to my “intrigues” the chief of [sportsektora] of the division of the propaganda of TsK “very comrade of potters " stamped my work at the high publishing conference, and his deputy of boar-spears commanded To [goskomsportu] to discuss my book. The scenario of similar “[obsudzheniy]” was worked out has long ago and smoothly it served for the crushing defeat of periodicals and books, not my of even number. Yes only here member presidiums of the federation of SAMBO (unarmed self-defense) a.A.[Oshchepkov] proved that they were daring not only on the [bortsovskom] carpet, and they almost unanimously gave to my book, perhaps, and the not completely deserved, completely appreciation. Gone mad [partokratischeskaya] [svora], of course could not but take vengeance for this “scandalous” insubordination. And to the chief trainer of the composite country s.F.To [ionovu], which published positive review of my work, they put a strict party pronunciation "with the recording ". The sprouts of the authentic , truthful history of SAMBO (unarmed self-defense) through the deaf cement of traditional official lie welcome to the tops thus with difficulty broke through...

Let us be turned, however, to the biography of the outstanding specialist and man of unusual, most interesting fate - Vasily Sergeyevich [Oshchepkova].

...In the very end of the frosty, with the penetrating wind, December 1892 year in the settlement Aleksandrovska post, in hard labor Sakhalin, in [arestantki] - peasant widow - Maria By [oshchepkovoy] was born the son.

On all canons of those distant years of baby, entering the life with the dual mark of that rejected - illegitimately borne and the son of [katorzhanki] - awaited unenviable fate. In the completion of all his misfortunes already into eleven years the boy is orphaned. But several years later life of orphan happy intersected the bright, noble expensive of remarkable person - archbishop [Yaponskogo], Right Reverend Nikolai.

Father Nikolai knew how to create in Japan several educational institutions. In one of them - spiritual seminary in Kyoto - arrived the fourteen year old orphan VA Of [oshchepkov].

The latitude of the views of archbishop appeared also in the fact that in the seminary for those desiring taught even bases of fight [dzyudo], altogether only twenty five years that ago created by famous now teacher [Dzigaro] of the Kahns. Vasilyi with the head dipped into this new for himself captivating element.

In the archives Of [kodokana] to the present was preserved the record about the entering there of Vasilyi [Oshchepkov] on 29 October 1911 year. Vasilyi fully got to know entire severe school [dzyudo] of those years. It not only successfully finished this completely unique educational institution, but also it began after this to pretend to obtaining of workshop title. And altogether it
was only half a year required it in order to win the right to belt its kimono by black workshop belt. The Japanese extraordinarily zealous related then to awarding of workshop degrees - [danov], and especially to foreigners. [Oshchepkov] he became the first Russian and one of altogether only of four Europeans, who deserved in those years first daN. Running in forward one should say that sufficiently soon Vasilii again appeared before strict examiners Of [kodokana], which unanimously appropriated to him the following, even higher workshop step - second daN.

After returning home, [Oshchepkov], the known not only Japanese, but also English, began to work as military interpreter. It is completely natural that, after proving to be again in Russia, precisely it became pioneer [dzyudo] in our country and it generously shared by its extensive knowledge with young people.

In 1917 Vasilii becomes decisive to the side of the convinced enemies of old regime. The readers, especially young, stuffed by contemporary deceitful quasi-democratic propaganda, can not understand, why it from the beginning itself accepted the side of revolution. But the matter in the fact that our “independent” press, sourly sobbing about “wonderful Russia, which we lost ”, for some reason forget to say that with “exquisite” tsarist regime there was a legislatively fixed social, religious and national inequality in the rights, yes even many other similar charms. But Vasilii belonged to that overwhelming majority of Russian people, who got to know all this on her own bitter experience...

Narrating in my previous works about the subsequent years of Vasilii Sergeyevich's [zhikhni], I could proceed only from the stories of his students, and involuntarily were repeated their inevitable errors. Inevitable because the authentic facts of its activity of those years were known only to the colleagues of our military intelligence. But here now because of the understanding and the large courtesy of the leading ranks of the main intelligence division of General Staff ([GRU]) to me they granted the possibility to become acquainted with the materials, more than seventy years stored in the most secret archive. And two private affairs Of [oshchepkova] documentary arranged everything on their places, having left already no doubts.

It still continued to teach [dzyudo], but in the years of the Japanese occupation of the Far East it was called into the [kolchakovskuyu] army and in the quality of specialist, who freely manages language, it was sent on business in the Japanese administration of military field communications. Specifically, from this time its collaboration with the Bolshevik underground begins.

And it again for me is necessary to explain situation. [Oshchepkov] it did not divide Communist ideology and the member of party never he was. Even several years the later official characteristic Of [razvedupra] defines its views as “[smenovekhovskie]” (“[Smenovekhovtsami]” they named that part of white [emingratsii], which, publishing the journal “replacement of landmarks”, insisted on the rapprochement with Soviet Russia). But it was the convinced Russian patriot and too were understood well the true plans of interventionists, deceitful disguised by good peacemaking statements. Vasilii loved remarkable ancient Japanese culture, industrious talented Japanese people, but, at the same time, from within got to know and hated bloody habits and old anti-Russian aspiration of aggressive Japanese militarism. Impudent intervention agitated also to the depth of the soul of its [oskorblyala]. This determined its selection, only and possible for the authentic patriot. Indeed the only force, which actually opposes to occupiers, were Bolsheviks. However, White Guards from all forces tried to collaborate with the Japanese. This is why knowing well, as they " dress" the under investigation shoulder affairs of master in the Japanese gendarmery, Vasilii; those not less, it went to the enormous risk and collaborated with the red underground. It served not party, but only its native, humble and robbed Russia. Through its hands were passed secret documents, they all became known to anti-Japanese underground. And it will valid say that in the common cause of the release of the Russian Far East there was the portion and of its heroic and such dangerous labor.

When occupiers were removed [vosvoyasii], it left in Sakhalin, for its native Aleksandrovsk. Motion picture projector purchased and it began to earn to the life demonstrating films. Belonging to Russia North Sakhalin still remained occupied, and soon now already Soviet military intelligence asked it to furnish information on about the Japanese military contingent, stationed on the island. Vasilii without considering it agreed. Tightly cut off from the Soviet reality, it deliberately idealized the Soviet regime. Videlas in it not only the carrier of people validity, but also the steadfast defender of Russian interests in the Far East.

I read his intelligence reports, and it could not but be enraptured by their surprising comprehensive completeness, compared perhaps that with the fact how was located Japanese command herself. Beginning from the complete biographies of the highest and elder executive
body (origin, marital status, formation, the passage of service, participation in the military campaigns, reward and T.p.) and ending with the precise number and the preparedness of the garrisons even of the small populated areas; from the soldier moods and to the purely economic information about the rapacious operation by the occupiers of the natural resources of island. That gratified by so valuable an information source, command requested to now furnish information on about South Sakhalin, which go awayed to Japan even as a result of the war of 1904-05 years and being been “foreign” territory. But intelligence officer advanced the counter offer: to move not in South Sakhalin, but very Japan and to supply information directly from there. This, however, it required significant currency expenditures, and poor in those years [Razvedupr] very for long of [kolebalsya] before was accepted this tempting promising proposal. But in end-ends in the Japanese capital nevertheless developed its activity former yielded to the former Russian Empire, [kinobiznesmen], which referred no to the Soviet Union. Such a status gave [Oshchepkovu] significant advantages, but completely it did not free from the traditional Japanese fixed police shadowing. It strikes, as, having no special preparation, this talented “self-taught person” developed irreproachable professional strategy. With the clever caution it made the necessary connections in the capital society. The information supplied by them in essence is evaluated at the USSR as “valuable” and “very valuable”. But in those initial years Far-Eastern [Razvedupr] yet possessed neither the sufficiently competent direction nor the necessary supplies. And from intelligence officer all more categorically begin to require in all immediately, also, without the special currency expenditures. Constantly they urge and require that it would begin to conduct the most primitive game: it gave money under the receipt, and then blackmailed recipient. But furthermore, it immediately established contacts from [prokommunisticheski] by the disposed persons. That excellently knowing local conditions, resident patiently tries to explain by them whereas that the very patriotically disposed Japanese with the first attempt at the blackmail now will turn themselves into the police. But all “leftists” are found under the indefatigable observation of the police and prompt contact with them is doomed to failure. But in 1926 near authorities, extremely agitated by the unwillingness of subordinate to carry out their disastrous indications, orders it to leave into the Soviet Union. Thus, prematurely, but completely not through its fault, ended already fixed and given not bad fruits the reconnaissance work Of [oshchepkova], glorious of the forerunner of the Hero of the Soviet Union of Richard [Zorge]...

But after returning into Vladivostok, the former resident, certainly, again turned himself to its dear sport activity and began to conduct occupations with the students of new generation.

Soon [Oshchepkov] it moved to Novosibirsk. It forever left the Far East. By the order of Revolutionary Military Council the USSR was appointed as military interpreter into one of the staff sections of Siberian military district. Vasiliy Sergeyevich had a reputation by the bright expert of Japanese language completely complex for the Europeans. With it, it was, even outstanding specialists consulted. And nevertheless fight and self-defence already composed one of important, if not very vital interest in its life. And having of course proven to be at the new place of residence, it immediately began to there propagandize its science of self-defence, especially important in the military medium.

Further fate of the development of the skill of self-defence, and in the final calculation and the fight of SAMBO (unarmed self-defense) proved to be in the hands of Boris Sergeyevich [Kalpus]. There were this reliable and strong hands. Old athlete, it had general title - corps commander - and the held post of the deputy inspector of the paramilitary and physical training of the Red Army. After learning about the activity Of [oshchepkova] in the Novosibirsk military and [dinamovskikh] organizations, it
immediately and error-free estimated its potentially important role in the improvement of army hand-to-hand fighting. And Vasiliy Sergeyevich obtained invitation into Moscow. In the end of 1929 the courses for the commanding composition of Moscow garrison for the purpose of preparation for the organization of instruction in hand-to-hand fighting on the new, prepared for the release management were organized. The methods of self-defence, disarmament entered into the program, and Vasiliy Sergeyevich became the leader of courses.

Certainly, it could not but assume active participation, also, in the development of this quite management. But when soon it appeared, on his pages it was possible to [uvilet] and illustration, and the description of reliable [oshchepkovskikh] methods. In this case Vasiliy Sergeyevich was not limited only to theory, but, after participating in the competitions in hand-to-hand fighting, was engaged there first place.

At the very beginning of the Thirties was at the same time founded our famous physical culture complex, which was called unequivocal name “it was ready to labor and defense”. In quality of one of the standards [GTO] of the second step were introduced the methods of self-defence and disarmament not only for the men, but even for the women. To develop this standard it was brought not someone with something different as To [oshchepkovu].

The contemporary fight of SAMBO (unarmed self-defense), although found in the course of time the name, which Spiridonov used, by main it grew from the fact that was made precisely [Oshchepkovym].

But how did be born this new our form of sport fight? Vasiliy Sergeyevich excellently knew [dzyudo] and understood all its undoubted merits. But, in the difference from many others - foreign - the followers of this Japanese system, it just as distinctly saw its serious shortages. And, to its honor, it was by no means altogether only the timid student of the Japanese, such orthodox copyist, who were fearing himself even think about breaking of “sacred” canons [dzyudo], established there is no time by itself [Dzigaro] of the Kahns. [Oshchepkov] completely it did not be going to be limited only to the fact that it was already made in Japan. He by all forces tried to create the effectively modernized system of applied fight and self-defence, which had to exceed any something different, in that number and Japanese. Important significance for the formation of the new form of fight had a creation of technical, and in connection with it and its tactical arsenal. Its work became new and higher turn in the progressive development of the new applied form of fight.

[Oshchepkov] without any fluctuations it rejected many “antiquarian values” [dzyudo] and decisively renewed technology. In the place hopeless of those become obsolete came new, efficient methods. It analyzed all existed then international sport single combats, Chinese [ushu] and whole series of the national forms of fight from the point of view of the applicability of their technology in the combat struggle. In the orbit of its close attention proved to be not only the impacts to [ushu], English and French boxing, but other methods “by Finnish- French”, or a whole series of other forms of the fights, which Vasiliy Sergeyevich named “free”: free- American, Swiss, Caucasian and Persian. It specially noted that some methods and especially the thrusts of all these forms “free” fight can successfully be used also for purposes of self-defence.

In the unkind memory 1937- m in the entire country went for a walk ominous to [krugovert] night arrests. In the first turn those were suspected, who was abroad, and [Oshchepkov] had a misfortune to belong to this category. It was arrested on the night to the first of October and only ten days later passed away in the camera Of [butyrskoy] prison. This remarkable person and the outstanding specialist left from the life of forty four year olds, in the bloom of creative forces...

The years of war convincingly proved that for Vasiliy Sergeyevich, in spite of premature death, it was possible to successfully accomplish her task and to place the bases of the combat system, which exceeds Japanese.

Already departed from the life, defamed as state criminal, [Oshchepkov] those not less made his contribution to the cause of
fight with our fatal enemy. There was no old master in the living, but his reliable methods they served accurate service,
demolishing in merciless hand-to-hand fightings and Hitlerites, and Japanese Samurai...

In the postwar of SAMBO (unarmed self-defense) indisputable leader became the [oshchepkovskiy] student of the second
generation Anatoliy Kharlampy. The most active of the students, but not most honest. It would be dishonest to deny its
undoubted big merit, but it cannot be hushed up also about the fact that, after using the arrest of its teacher, it began to issue itself
for the creator of SAMBO (unarmed self-defense). Its high professional qualities, to the regret, did not be equal to purely human.
And he did not say truth even when its killed in the Stalin torture chamber teacher was already completely reabilitated. Were so
that me required numerous years and large efforts, in order finally to be dug to the truth and to restore the legal and completely
indisputable authorship of Vasilii Sergeyevich. And me greatly it would be desirable to hope that 1998- m anniversary for
SAMBO (unarmed self-defense) year, along with the [kharlampievskim] memorial, they will begin to be carried out and the
international contest of the memory of its teacher. But, furthermore, but , furthermore , compatriots Vasilii Sergeyevich - Far-
Easterners the building of the former society “sport”, which became the cradle not only of Russian [dzyudo], but also our of
SAMBO (unarmed self-defense).

**Mikhail [LUKASHEV]**

**System “ITSELF”**

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When they speak about the postwar ruin of the beginning of the twentieth years, then present the half-submerged mines, which
overgrew by grass plant courts, mutilated, rusting in the blind alleys locomotives. But the inheritance of six heavy military years
this was not completely contained by. War mutilated not only iron. Still never in the country there was such quantity of
professional criminals. The generously scattered by war weapon settled in their hands.

Vandalized the [nedobitye] bands of different-calibre fathers, all these “angels”, “[Ogaltsov]”, “fog”. In the forests settled
dwelled “green” - the strange anarchist conglomeration of the criminals in the runs and of deserters. Yes even not only forests
became murderous [votchinoy]. Reliably hidden, forgotten in the countless alleys of large cities to the utmost extent flourished
thievish “raspberries”, where up to a certain time criminals also felt themselves sufficiently comfortably until the time.

In its time one of the pure-hearted, but not too wise gestures of provisional government became universal and complete amnesty,
in a bold hand extended even on the dangerous of the criminals. After this, the veterans of knife and master key, all, even quite
inveterate scoundrels and killers, again proved to be on the freedom and, encouraged by impunity, with the new flame they were
taken their dirty craft. Stormy events of the Civil War not of [pozvoliil] to organize sufficiently wide and effective fight with this
entire public, but countless [vataki] of the stray of steel for it with rich reserve with the recruiting of apprentices.

Well armed, soldered densely mixed on the blood by the authority of leader, band of those years strongly presented large danger.
Is still insufficiently reliably guarded then our boundaries passed not only the thirsted profit smugglers, but also connected of
conspirators, spies, terrorists...

Fight with the criminals was conducted desperate and merciless, it was tightened to many years. And how often for operational
workers it was necessary to hear the short order: “To take by living!“

To take by living... But “to take” was necessary and the hung by weapon cutthroats, and spies, disciplined by Japanese professors
[dzyudo]. By it something to lose, to the murder they dispatch without a moment's hesitation. The blades of murderous Finns
only flickered and the muzzle end face of browning or Nagant revolver glanced into the eyes...

The simple , reliable methods of disarmament and detention are very were necessary necessary in these fatal duels. But today in
essence only to specialists is known the name of man, with whom it was brought to carry out this difficult and complex work:

When at the beginning of the Sixties I began to gather materials about Spiridonov, from death of old [sambista] not it is past
even of two decades, still were living its many students, colleagues. It seemed that searches must not meet special difficulties. But so, to the regret, only it seemed could not be not marvel, as pitilessly erases sometimes time even tracks of recent events.

From the relatives of Victor [Afanasevicha] no one no longer proved to be in the living. After long searches in the archives I obtained official communication that the private affair, brought to Spiridonov as to the worker “of dynamo”, was destroyed in the military forty first. Human memory, alas, also [nesovershenna]. Entirely differently they said, for example, about the pre-revolutionary profession of Spiridonov his three well known old of Dynamo worker. “I considered that Spiridonov - master mariner”, confidently said one of them. But other with the same arbitrariness: “He was the very same the Colonel of guards! I accurately know... High - two meters of increase, carriage is outstanding!” The third, although it could not give precise answer to my question, solidly remembered that Victor [Afanasevich] excellently knew how... to sew the lady's boots (“you know, as high as at that time they bore ”).

It was necessary to and although gather material on the crumbs, nevertheless it was possible to restore Spiridonov's biography. It before the revolution was actually regular officer. But not by Colonel, and not guards. To serve beginnings as Privates, after leaving into the army from seventeen years - being volunteered, in the contemporary terminology - by volunteer. Were obtained noncommissioned officer [lychki] and it was [komandirovan] into the Kazan' infantry school.

Cadet still they mastered tactics and fortification, split by bayonet effigy, and above the yellow sea in [Chemulpo] already thundered the instruments “of a Varangian”. In 1905 in the new officer pursuers Spiridonov leaves there, where burnt the battles of sadly famous Russo-Japanese war, into Manchuria. In the portion of the green officer fell out entirely the brief period of front life, but, must be, in the second lieutenant was the present soldier grasp: home it returned with the cross of Anna and Stanislav.

Many of those, to whom me it was brought to speak about Victor [Afanaseviche], considered that precisely then, in Manchuria, it was introduced to the jiu-jitsu. Something different they asserted even that Spiridonov, being wounded, proved to be in the Japanese captivity and studied combat methods. It would not be desirable to destroy this romantic version, but it is necessary to say that it does not correspond to reality. Victor [Afanasevich] was sign only with that version of jiu-jitsu, which proved to be that carried into Europe already after Russo-Japanese war, in the period of the world triumph of this system of self-defence. The time of the universal enthusiasm of jiu-jitsu is by no means past for Spiridonov by gift. It was man by adroit and strong, large specialist in the applied military gymnastics, it knew French fight, English boxing and without the special labor thoroughly studied Japanese methods, although, most probably, it used in this case altogether only descriptions in different management, published in Russia and beyond the boundary.

Despite the front merits, Spiridonov's successes on the service as in any army infantry officer, provincial “[armeuta]”, were small: the past ten years bring to it an increase in altogether only by one rank. However, from the first days of world war it again on the foremost. The second war for the commander of infantry company lieutenant Spiridonov ended during that day itself, when in the battle under the settlement By the [lashevym] above its head was torn Austrian shrapnel. Heavily [kontuzhennyy] and injured, it the year of [provalyalsya] in the hospitals, and was then “it was discharged from the service with [proizovdstvom] into the following rank and rewarding by uniform and by pension ”. Pension, was however, scanty. And not in those whether hungry years it was necessary for injured officer to learn to stitch lady's boots? Generally it has the confident grasp of the good Russian [masterovogo]: at a convenient time it could make water cock, it started also on other bench works.

Spiridonov met with revolution in Moscow. Time was difficult for the former officers: in them they saw potential enemies, suspected of the treason. For retired [shtabs]- captain it was necessary to feel this on itself...

In the nineteenth year it works in the main armor administration of the Red Army. But soon, after being set right from the consequences of contusion, he becomes the instructor of the Moscow circumferential courses of the instructors of sport and premilitary training, one of those educational institutions, which it was judged become the ancestors of Soviet sport.

Among many disciplines, which were being studied by cadets, there was also “the protection and attack without the weapon ”. The post of chief director on this object occupied Victor [Afanasevich]. In those distant years the sport, and the main thing, its teaching stood at the very low level, especially in Russia, where the physical culture yet did not have time to obtain a sufficient development. But if almost in any of that cultivating then the forms of sport already there was let some small, but that not less experience, then in the self-defence there was not even this. More that: the greedy and ignorant crowd of the self-styled experts
of the jiu-jitsu of commercial sense had time to so compromise this system that many of the sport specialists did not already simply assume it in earnest. Many, but only not Spiridonov. The struck deficiencies in the Japanese self-defence could not prevent it from seeing its undoubted merits, from understanding it “rational grain”. And it frightened neither complexity nor volume of work, which it was in prospect to carry out.

But to begin it was necessary not that in order to from the zero mark, but, if you want, even with the negative. It invaded the region, where everything was unclearly, and often also it is intended tangled. There was no procedure of teaching whatever also in the mention. Yes even what there procedure, when only, with which Spiridonov began - this is pair of tens of methods, from which far from all were sufficiently reliable. All, absolutely everything should have been found and to decide independently: what methods it will precisely select and will show cadets, as it will explain, in what sequence will build the instruction.

In the exotic Japanese system other methods (advertisements for) were fulfilled only by one hand. Another - it was to be figure put arms akimbo. No, not this began to teach Victor [Afanasevich] of its wards. Already who- who, and he excellently knew that combat struggle - this always and pain, and fear, and the blood. To sit there no longer it remains to time. Chief director nagging selected only most reliable and simplest methods, on which it would be possible to rely in any alteration. This rule it will invariably follow, also, subsequently, in the course of all twenty years of its activity. And it is not surprising that examining the contemporary management of self-defence without fail you meet greater of that, at what once stopped Spiridonov. Chaos of the methods, which “the professor of jiu-jitsu " presented to their students, was soon with the military clearness classified. Within the framework to this [klassifikaii] and in the precise correspondence with it were introduced the Russian names of methods, completely and irrevocably extruded inconvenient, complex and completely senseless in Russian [erchi] Japanese terminology. It is interesting that the [spiridonovskaya] classification did not also lose its value, but a number of the terms introduced to them lives both in the combat and in the sport of SAMBO (unarmed self-defense).

Work, certainly, was conducted, which is called, by feel the touch, almost blindly. Far from all left smoothly. Considerably was errors, errors. Yes even it could them not be with such complex conditions? The main thing, which from the beginning itself for Spiridonov succeeds in embarking on that path, along which will go the development of entire contemporary skill of protection and attack without the weapon: the creation of the new, “synthetic” system, comprised of the best methods of the already existing systems. And then, altogether only on the expiration of the second year of work, in Victor [Afanasevicha] were already the foundation for speaking about the taught to them methods as about “those checked on the experience, in the life, in the trained previously persons ". But subsequently it recalled: “Falling at the beginning of its work into the error with the determination of the value of various methods in the sense of their application to the life, to me; those not less, in 1921, because of the practical study, it was possible to realize the error of the system existed at that time. In the same time careful study of all methods, which had use in our reality, was indicated new and, as me seems, correct way.”

In 1922 before the workers of the service of law was set the task - constantly improving its rifle skill and physical training. Indeed these qualities not only entered into the number of addend, ensuring the success conducted operations, but even they guaranteed to a certain degree the life of State Security Agent in the dangerous situations. (If, certainly, generally could exist some guarantees with this exhausting and superhuman stressed service!) The created soon sport society “of dynamo”, after combining in its numbers of athlete- State Security Agents, frontier-guards and militiamen, accepted to itself solid work on the fulfillment of stated problems. It is natural that for this society, besides entire other, it was in prospect to head work in the region of this specific sport- applied discipline as self-defence without the weapon. And actually, the [dinamovskaya] section of protection and attack soon became all-Union center on the development of technology, tactics, the procedure of teaching and the propaganda of self-defence. But to begin entire this activity and to direct it subsequently was brought, certainly , with Spiridonov.

It was one of very first sport specialists, who arrived to the work into the newly born society. And probably, this was most regularly. In 1923 Victor [Afanasevich] was most knowing, if by generally not only specialist in its region. It entered to that time and into the sport active membership of the capital. All this, undoubtedly, predetermined its arrival in “the dynamo”, but is thought everything that the main reason was different. As before, very logic of his nature conducted on the forward edge of Spiridonov. For free they do not say, that this former front officer on the private venture repeatedly participated in the operations on the liquidation of thievish dens together with his students from the criminal investigation department.

The scantiness of the information about the hero of description forced me to be turned even to the people, it is small his known.
But this gave the sometimes interesting possibility to glance at the circumstances from a new and unexpected point of view.

Generally, the more I learned about Spiridonov in the process of my searches, the more obviously he was convinced, that man this was rare and surprising qual. After calculating, which with me was brought to converse about it with the good by fifty most different people, I with the pleasure established that none of them answered about Victor To [afanaseviche] disapprovingly. And this was not completely intelligible desire not to speak poor about the corpse. Such [venok] of sheet metal colors to the grave deceased. Completely no! They recalled with the large respect, the deep gratitude. During the world war, living in poverty itself, it took to itself from the invalid house of the former orderly, also heavily wounded. The moved soldier, more having in no way a possibility to express its devotion and appreciation, during the day on [mnogu] of times polished [spiridonovskie] boots, led they to the improbable luster and it told everything the neighbors: “My “your [blagorodie] ” the best! In it the boot must shine in as!”

The former neighbor, entirely already elderly woman, even cried a little, after recalling this case. In the hungry nineteenth year, leaving for the service, he saw in the court its old woman- mother. That sat in the corner and sourly it cried. But when Victor [Afanasevich] asked, which happened, then heard: “Nothing it happened... Simply I greatly want to eat ". It silently left home, and after returning, it placed on the elbows of old woman its allotted [osmushku] of bread... It was explained that one person in heaviest for that years it determined to a good work. Other it helped to be prepared for the higher educational entrance examinations on the German. The third (grown without the father adolescent) - it brought up and helped it materially... It would be possible to for long transfer such here facts, which show that in Spiridonov [orgaicheski] were personified the noble features of old Russian officer's rank. This was some, there can be a little old-fashioned, but, truly, knight without the fear and the reproach...

The very long earned pension [dinamovskiy] bookkeeper associated with Victor [Afanasevichem] only in the matter - formulation and wage payment . But exactly from this old man- bookkeeper I learned about the very significant trait of [spiridonovskogo] nature.

However, from the first years of existence “of dynamo” its management proceeded from the rigid principles of self-support, without allowing that the sports association would become the dependant of state, which experienced at that time economic difficulties. It is natural that the financial possibilities “of dynamo” were limited, but time from the time did not be sufficient money. And the here chief director of the section of self-defence was, it occurs, one of those fanatical that absorbed by its labor of the trainer- enthusiasts, who frequently agreed to work by month- other without the wage...

Spiridonov obtained now enormous All-Union audience, very attentive and which was being very needed his severe science. And Victor [Afanasevich] did not deceive its expectation. Despite the immeasurably increasing volume of work, it worked with the energy characteristic of it and, as always, with the complete [samootdachey]. It trains for the combat for the receptions of State Security Agents, [arbotnikov] of the police, commanders and soldiers of border forces. It entrusts to them the “invisible weapon itself ”, which so it was necessary in their dangerous labor. And not to one [zlorovennomu] bandit it occurred to amaze so that it twisted its low, to the form weak State Security Agent.

Its activity in “dynamo” not only imposed the new increased requirements, it gave even wider space to Spiridonov for the realization of his all, even most daring plans.

To solve the task of the teaching of self-defence on an All-Union scale was having only grown hundreds of well prepared instructors. And here Spiridonov works also at the problem of training instructor personnel. After only several years next to it arose the entire rank of its best students, capable of educating not only series [sambistov], but also skillful instructors. Two of them especially were separated: D.A.Davydov M.I.[Solomatin], which Victor [Afanasevich] with the appreciation and the respect was called his “permanent assistants in a difficult and new matter of the creation of the ordered system of self-defence ". One after another be published three books of Spiridonov - about the basic principles of his system. The sections of self-defence (as them then they called - the group of self-perfection) they begin to function not only in the Moscow, but also in many [dinamovskikh] organizations: in Leningrad, to Rostov-on- Don, Sverdlovsk, in the Ukraine, in Siberia and Transcaucasia. The restless patriot of its matter, Victor [Afanasevich] travelled over entire country, propagandizing the methods of self-defence. It always very willingly came out in the State Security Agent and militia clubs, in the establishments and the military parts. Excellent teller, it knew how to be interesting for any audience. A.A.The Kharlampys, that arrived in “the dynamo” after Spiridonov, it recalls: “Propagandist was very good. Where for me it did not be necessary to leave, I everywhere met the flame
of interest in SAMBO (unarmed self-defense), lit in its time by Spiridonov 

Victor [Afanasevich] set for itself only practical purposes: the formation of the system of self-defence. Happened [ldnako] so, that precisely this system became the very first stage of creation in our country of the new applied form of fight in the clothing, in which was permitted the application of painful methods. That form, which we today call the fight of SAMBO (unarmed self-defense). The matter in the fact that the combat habits obtained in the occupations best anything were attached and were improved in the free struggle. “Contest is appeared as the highest degree of training and the last stage of the improvement of the soldier during the study of self-defence”, such there was Victor's opinion [Afanasevicha]. And its students left to the carpet in the jackets, the [bortsovskikh] boots (but more frequent - simply in the field shirts and the noses edges) and they carried out training struggles. The inadvertently appeared form of sport proved to be very interesting and captivating. Gradually began to be organized competitions and even superiority up to the specially developed by Spiridonov rules. Champions were shared by seven “weight groups”, but conducting painful methods was allowed not only as now, with the fight lying, but also in the counter. Furthermore, were used different strangling seizures. All this, of course, made struggles comparatively dangerous and determined high demands for the composure, the composure of athletes. “By that being competing it categorically prohibits to be excited during the struggle, at whatever rate it occurred”, prescribed rules and threatened to disturbers by immediate disqualification. It is worthwhile to note that this with the naive straightforwardness formulated warning “to that exciting” entered subsequently and into the very first all-Union rules of the fight of SAMBO (unarmed self-defense).

In February 1929 year was for the first time carried out the championship of Moscow “dynamo” according to the new form of fight. In the posters, true, for by the forest of accessibility it was indicated: “on the jiu-jitsu”. Because of the limited number of participants the superiority was developed only into four weight categories. And although it was considered that these contests closed type, in the course of all three days thus far passed persistent struggles on the carpet, gymnasium of the highest boundary school and old [dinamovskiy] hall on the colored avenue were overfilled. The masters of self-defence in no way could be complained to a deficiency in the attention from the side of fans. It is interesting that even after half a year to this superiority the students of Spiridonov, to that time already not bad champions, had time to obtain the baptism of fire in the first and only in the history of Soviet sport international encounter on the jiu-jitsu.

During the serene autumnal days of 1928 entire Moscow is vein by sport spartakiada. On the lively populous streets with bright spots burnt the colorful national suits of the messengers of all republics. That the matter was heard the foreign speech: for the participation in the spartakiada into the red capital of profit the working-athletes of many countries.

Into the composition of German delegation entered several specialists in the jiu-jitsu. Germans appeared in the Moscow parks with the exponential struggles, demonstrating lightning thrusts and irresistible seizures. Japanese system was then into the novelty even for the European countries assigned tone in the sport. And certainly, greatly it astonished German athletes, that in distant and still experienced difficulties Moscow proved to be their own masters of self-defence. Yes even not only they proved to be, but even they dared to defy with them. However, the largest surprise expected guests in front. Although they with the purely German accuracy accurately followed all orders of Japanese professors, Moscow fellows knew how to nevertheless conquer them in this significant comradely encounter.

Spiridonov thoroughly coordinated with the Germans of the condition of encounter. Only remaining himself among the living participant in this historical match - honorable Dynamo worker v.S.Kharitonov - recalled, with what agitation they were prepared for the contest. Fight was conducted before the first successful method. Partners were selected approximately equal weight. Competed only three pairs - from the lung to the heavier weights. By the first of the Dynamo workers left to the carpet undersized energetic Pronin and, despite the intelligible agitation, he knew how to conduct victorious painful method. By the second entered the contest Kharitonov, whose outwardly leisurely manner of conducting fight comrades into the joke called “melancholy”. This “melancholy style” determined the gain of its possessor and the victory of entire Soviet command. Everything that now could make the guests - this to leave from the defeat “dry”, and they realized this possibility: the third member of [dinamovskoy] command - [Vasilenko] - left from the carpet conquered.

That style of the fight, which encountered in Moscow German athletes, although it as yet far from became the fight of SAMBO (unarmed self-defense), such as we see it today, it was no longer Japanese of jiu-jitsu in the precise sense of this word. Eight years of the hard work of Spiridonov did not be in vain. This person could not remain orthodox copyist. In the disturbance of basic Japanese canon, it began to boldly use the versions of basic methods prompted by life. And if in the jiu-jitsu ruled
speculative axiom “each method and it succeeds" with any conditions, then Victor [Afanasevich] developed transition modes from that being unsuccessful - to the following method. Knowing well all merits of jiu-jitsu, Spiridonov nevertheless never was the thoughtless follower of this [znamneitoy] system. Its opinion is categorical and is unequivocal: “[Iskusstov] of self-defence it helps to gain victory by all existing means; therefore with the self-defence it is not possible to adhere to any one system, which never covers all numerous and varied positions with the vital collisions, but it is necessary to use entire useful and from other systems, once this conducts to the victory ". And Spiridonov boldly introduces into the practice the best methods from the free and classical fight, in that number and dangerous - forbidden, takes for the armament impacts from the English and French boxing, he tediously finds the original methods, originated by combat and everyday practice. Excellently understanding, that any method “works” only with the necessary rapidity of performance, it begins (almost for the first time in the practice of generally domestic fight) to time the time, spent on their conducting. In spite of all this it creates not certain abstract system, not self-defence “generally”, but it is clear oriented precisely to our conditions. For this reason, in the detail, proved to be in essence pitilessly rejected the pressures on “ sensitive points favorite in the Japanese ". The considerably differing from Japanese the type of our clothing reduced on no entire effectiveness of such methods.

And here as a result of the long-standing labor of Spiridonov for the light appeared the original system of the self-defence, whose general with the jiu-jitsu remained only the name. From it, naturally, also it was necessary in end-ends to refuse. Its system Victor [Afanasevich] at first named simply “self-defence”. [Vposledstvie], returning tribute to fashionable then to reductions, was named system “itself”. But, probably, this name was not most successful. Among the medium [spiridonovskikh] students be born its new versions: “[samoz]”, and, finally, taken the place by all rest ringing abbreviation “of SAMBO (unarmed self-defense)” - “self-defence without the weapon ".

But although the prehistory of SAMBO (unarmed self-defense) begins precisely from Spiridonov, itself it hardly sometimes thought about this. The matter of its life it considered the system of self-defence without the weapon “itself created with it”. For the veteran- Dynamo worker this system was as his personal contribution to the cause of crime control.

One of the students of Spiridonov told me, that Victor [Afanasevich] died directly on the [sambistskom] carpet, when in the heaviest war years it trained for the methods of our saboteurs before their throwing into the German rear. Teller called the city, where this allegedly occurred. And although there was everything not so, although in the reality Spiridonov died house of the incurable disease, perhaps the generation of this legend did not here show that old [sambist], in spite of death itself, it remained in the system as soldier, forever carried in the lists of his company.

Classical of SAMBO (unarmed self-defense)

According to classification a.A.[Kharlampieva], the fight technique of SAMBO (unarmed self-defense) is subdivided into fight technique costing, fight technique lying, passages from the fight costing to the fight lying and passages from the fight lying to the fight costing.

Technology fight costing

Into the technology of fight costing they enter:

- Counters, distance, the preparation to the seizures, seizures, the movement and fraudulent motion. Methods the preparation to the thrusts, the initial positions for the conducting thrusts and approaches [k] to thrusts.
- Breakthroughs defensive seizures.
- Insurance and [samostrakhovka].
- Broschi.
- Combinations from the thrusts.
- Protection against thrusts.
- Reciprocal thrusts.

Distances

In SAMBO (unarmed self-defense) are distinguished five distances:
1. Distance out of the seizure - [sambisty] not they concern each other and they discover convenient for attack moment, being moved on the carpet and making all possible fraudulent the motion without the seizures of enemy.
2. Distant distance - the champions they seize each other for the sleeves one or both by hands.
3. Average distance - [sambisty] they seize each other for the clothing on the body from the front or by one hand for the sleeve, A another - for the clothing on the body from the front.
4. Neighbor distance - the champions they seize by one hand for the sleeve or clothing on breast, and other - for the clothing on spin, the winch or for the foot.
5. Distance close - [sambisty] they clench each other, being pressed by the body one [k] to other or winding foot by foot.

**Seizures**

Seizures are divided into the basic, the reciprocal, the preliminary and the defensive.

- **Basic by the seizures** with the fight costing they are called such the seizures, which they are carried out for that, in order to to carry out thrusts. It [sambist] it achieves them to that moment, when the enemy it will impose its seizure.
- **Reciprocal the seizures** with the fight costing - this such seizures, which it [sambist] it carries out in answer to the seizures enemy, on the basis of given by them conditions. [S] reciprocal by the seizures also they can to be they are carried out thrusts.
- **Defensive by the seizures** with the fight costing they are called seizures, conducted for that, in order to to hinder or to make impossible the conducting by the enemy that or other thrust. However, in determined the moment defensive seizure can to be it is used [sambistom] for the conducting thrusts.
- **Preliminary seizures with to the fight** - this such seizures, which they give the convenient initial the position for following basic seizures and the conducting with them thrusts.

**The thrusts technique**

Thrusts are called the methods, with aid of which the enemy from the position of fight costing is discarded to the position of fight lying.

**Broschi in essence by the feet**

In such thrusts of the foot of [sambista] they act against the feet or the body of enemy and play the decisive role in the thrust. The versions of the thrusts, in which actions by foot precedes the seizure of the leg of enemy, are nevertheless considered as thrusts in essence by feet. Broschi in essence feet share to the steps, hooks, hewings, [podsady] and [podbivy].

- **By steps** they are called such thrusts, with which it [sambist] it substitutes foot from behind, from the front or outside (from the side) the foot or the feet the enemy and it [s] by the aid the jerk by the hands it falls over itself through it. In the moment the conducting the step both the feet [sambista] they concern carpet. Steps they are divided into front, rear and lateral.

- **By hooks** they are called such thrusts, with which it [sambist] by foot as it seizes one of the feet enemy, and then it throws
it. [vynosya] hooked foot from under the center the gravity the enemy and by the hands deriving it body after the area support. Hooks they are carried out by shin, by the heel (Achilles by tendon) and back partly foot. Simultaneous hook by the shin and by the foot one and by that foot after one foot the enemy it is called by [obvivom]. Simultaneous the hook by the foot one foot after popliteal the bend, the second - after it is Achilles the tendon other foot the enemy they are called dual by the hook. Hooks and [obvivy] they can to be carried out as in the counter, so [s] by drop.

- By [podbivami] they are called thrusts, with which the foot the enemy they line by shin or by the thigh [sambista] simultaneously with the jerk by hands in direction, opposite to [podbivu]. By pickup it is called thrust, with which the leg of the enemy they line by thigh or by shin from the front, on the side or from within. If rear partly the shin it lines popliteal the bend enemy, that is the thrust it is called [otkhvatom]. After lining - this thrust, with which front by the part of the shin it lines popliteal the bend of enemy. Special the place it occupies dual after lining, which it is done simultaneously two by feet in counter directions. According to tradition this thrust it is called “by scissors”.

![Image of wrestling techniques](image-url)
By hewings they are called thrusts, with which by basic action, causing the drop enemy, it appears [podbivanie] foot, shin or the elbow the enemy finger partly sole. Hewings they are divided into front, rear, lateral and the hewing from within. Hewings they can to be carried out as in the counter, so [s] by drop.

By [podsadami] they are called thrusts, with which it [sambist] by its by the foot it raises foot or the body the enemy and with the aid of the hands it turns over it in appropriate direction. [Podsady] they are divided into [podsady] by thigh, by shin, by the lift and [podsady] by sole. [Podsady] in the body by the sole or by shin, with which it occurs the thrust the enemy forward through the head throwing, they are called by the thrusts through the head. [Podsady] by shin and by the thigh they can to be produced as in the counter, so [s] by drop. Broschi through head, [podsad] body [s] by seizure of two heels and [podsad] by the lift from within they are carried out only [s] by drop.
Broschi in essence by the body

These are the thrusts, with which it [sambist] partly its body it tosses up feet or body of enemy it moves him through itself. Broschi in essence by body they are subdivided into the thrusts through the pelvic belt, the thrusts through the shoulder girdle, the thrusts through the back, the thrusts through the breast. By Broschi through the pelvic belt is called by the thrusts through the thigh, and the thrusts through the shoulder girdle - “by mills”.

- *By thrusts through the thigh* they call such thrusts, with which it [sambist] it lines upper the part of the feet enemy by its pelvic by belt and in opposite the direction it makes the jerk by hands. Broschi through thigh is possible to make as in to counter, so [s] by drop.

- “By mills” they are called such thrusts, with which it [sambist] it rolls the body the enemy through its arms, making for this diverse seizures. Broschi “mill” they can be carried out as in the counter, so [s] by drop.
● *By thrusts through the back* they are called such thrusts, with which it [sambist] it rolls through its to the spin the body enemy. Thrust through the back, thrust by the seizure hand the hearth arm and the thrust by moving they are carried out only [s] by drop. Thrust by the seizure hand on arm, reverse the thrust through the back and the thrust by the pulling they are carried out as in the counter, so [s] by drop.

[Image]

● *By thrusts through the breast* they are called such thrusts, with which it [sambist] it lines the stomach the enemy by the lower part its stomach or two by the hands it helps mount upward it breast and stomach and it throws it to the right or to the left through its breast. Broschi through the breast they are carried out only [s] by drop.

[Image]

**Broschi in essence by the hands**

These are such thrusts, with which the feet of [sambista] do not concern feet or body of enemy, his body does not fall over itself the body of [sambista]; however, in some cases it can be used as additional fulcrum for the revolution of enemy by back to the carpet. In essence enemy rises, is turned over and throws down to the carpet by the force of the hands of [sambista].

● *Broschi by jerk after the sleeve* - these are thrusts, with which it [sambist] being been located on the the distant the distance the enemy it derives from the equilibrium and it throws on carpet strong by jerk after sleeve. On the tradition they are called *by the removals from the equilibrium*.

● *Broschi by jerk after the foot* they consist of thrusts, with which one hand seizes foot, A the second - sleeve, belt, the forearm under the arm or it presses on seized foot. Not foot, not the body [sambista] directly not they influence to the feet and the body enemy. Broschi by jerk after the foot they include the thrusts by jerk after heel, the thrusts by jerk for the shin and the thrusts by jerk after thigh.
- *By thrusts by jerk after two feet* they are called thrusts, with which it [sambist] it seizes both the feet enemy - immediately, or alternately. They are produced without direct the action by the feet against the feet enemy. In them they enter the thrusts by the seizure two feet, the thrusts [raznokhvatom] two feet and thrusts reverse by the seizure two feet.

- *By thrusts by the somersault* they are called such thrusts, which they are achieved by jerk of two hands [s] by pressure on head or the blade enemy. With this of the foot [sambista] not they concern feet or the body enemy. Broschi by the somersault they consist of the thrusts by the somersault forward and in side.

- *By revolutions* they are called such thrusts, with which it [sambist] the enemy it raises and it turns over by hands in air for thrust on to spin. With the revolutions the foot [sambista] not they concern not feet, not the body enemy. In some the cases
it [sambist] he uses the body as additional fulcrum for the lightening the revolution enemy. Revolutions they are divided into the front, lateral and rear.

![Fight technique lying](image)

**Fight technique lying**

Into the technology of fight lying they enter:

- Initial position and auxiliary action.
- Breakthroughs defensive seizures.
- Heaping up.
- Revolutions.
- Retention.
- Painful methods.
- Combinations from the methods fight lying.
- Protection against the methods fight lying.
- Reciprocal methods with to fight lying.

*By breakthroughs of the defensive seizures* the methods of separating the coupled or caught hands of enemy are called. They make conducting painful methods or retention in such situations, with which, you do not be breakthroughs, possible, it [sambist] it would know how to conduct no method.

*By heaping up* the methods of the transfer of enemy from the position are called costing on the elbow or on the elbows to the position lying on the spin. They are auxiliary methods and serve for training of enemy for conducting on it of retention and painful methods.
By revolutions are called the methods, with aid of which of [nakhodyashegosya] on all fours or lying prone enemy they turn over to the position lying on the spin. They are auxiliary methods and serve for training of enemy for conducting on it of retention and painful methods.

By retention are called such actions, with aid of which it [sambist] by its body is forced the body of enemy by back against carpet and without the application of painful methods it retains him in this position in the course of necessary time.

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**Painful methods**

Painful methods - these are the seizures, with the aid of which it [sambist] exerts the influence on the joints of arms or legs of enemy, placing him thus in the blind alley.

**Painful methods to the joints of the hands**

- [Peregibanie] elbow joint. Traditional name - the lever the elbow.

- Unscrewing hand outside. Because of characteristic to the interlacing extremities, these methods they are called by the units.
- Unscrewing hand inward. Such the unscrewing they call reverse by the units.

- Jamming biceps.
- Lever arm.
- Painful methods on brush - they be present only in the the combat the division SAMBO (unarmed self-defense).

**Painful methods to the joints of the feet**

- *By jamming* it is called the pressing the tendons the enemy between its large tibial by the bone and beam or large tibial by the bone [sambista]. They distinguish the jamming it is Achilles tendon and the jamming flounder-shaped (gastrocnemius) muscle.

- [Peregibanie] knee joint. Traditional name - the lever the elbow.
- Painful methods on hip joints.

Passages from the fight costing to the fight lying

- Mixed the combination from the thrusts and the methods fight lying.

- Painful methods, prepared from the counter.

- Transfers to the fight lying and reciprocal the methods of the fight lying against thrusts and the coverings enemy.

Passages from the fight lying to the fight costing

- Getting up.
Mixed the combination from getting up and thrusts.
Broschi, prepared from the position fight lying.

**Combat of SAMBO (unarmed self-defense)**

Combat methods - these are the elements of the classical of SAMBO (unarmed self-defense), augmented by new means and components. Here enter dangerous seizures, thrusts, impacts, actions on the vulnerable points of human body, the methods on the use of improvised means and surrounding situation and T.p.

- Impacts by hands. Protection from the impacts by hands.

- Impacts by feet. Protection from the impacts by feet.
- Strangling seizures. Protection from strangling seizures.

- Protection from the seizures and grasps.
- Impacts by knife. Protection from the impacts by knife.

- Impacts by stick. Protection from the impacts by stick.
- Impacts field-engineer by blade. Protection from the impacts by the field-engineer by blade.

- Impacts by pistol. Protection from attack [s] by pistol.
- Bayonet the battle: protection and attack.

- Protection from the impacts heavy by object.
- Use the apprentices means.

- Use surrounding situation.
- Mutual aid and gain.

- Protection from the attack lying.
- Protection from several attacking.
- Tactics group battle.
- Detention and tracking.

- Inspection delayed.
● Binding.
● Special the methods combat SAMBO (unarmed self-defense) (removal of hour; compression and pressure; dangerous thrusts; displacement and the break the vertebrate post).

**Classical SAMBO**

History of sambo and pictures of its founders can be found at the articles "Russian of martial of arts" and "Creation of sambo".

According to A.A.Kharlampiev, all of techniques of sambo of wrestling of can be divided to standup-fighting techniques, ground-fighting of techniques, shifting of from standup-fighting to ground-fighting, and shifting of from ground-fighting to standup-fighting.

**Standup-fighting of methods**

Standup-fighting methods include:

● Stances, distances, preparing to catch, catches, moving, false of movements. Preparing of the throws, initial of positions of for throws, beginning of of throws.
● Breaking of through of the defend of catches.
● Standing-by and selfstanding-by.
● Throws.
● Combinations of of throws.
● Defence of against of throws.
● Reply of throws.

**Distances**

SAMBO of has of five of kinds of distance:

1. *Non-catching of distance* - sambists of don't of touch of each other and are of moving and making of false of movements of without of catching of the opponent.
2. *Long of distance* - wrestlers of catch of the of sleeves by of one or both of hands.
3. *Middle of distance* - sambists of catch each of other's cloth on of the of front of of the of body, or catch of the of sleeve by of one of hand and the cloth by of another.
4. *Close of distance* - wrestlers of catch by of one of hand of the sleeve or of the of front of of the of cloth, and the of leg, the of collar or of the of back of of the of cloth by of another of one.
5. *Quarter of distance* - sambists of catch of each of other of with pressing of body to of body, or with of the of winding of around of the of leg by of own of leg.
Catches

Catches of are of divided on of main, reply, preparatory and defend.

- **Main catches** during of standup-wrestling of are catches of needed of for of throws. Sambist of makes of such a of catch of before opponent's of catch.
- **Reply of catches** during of standup-wrestling of are of catches executed in of reply to of opponent's of catch, with of using of the of situations. Reply of catches of also of can be of used of for of throws.
- **Defend of catches** during of standup-wrestling of are of catches needed to of destroy of opponent's of possibility of for of throw. Sometimes of defend of catch can be of used by of sambist of for of his of own of throw.
- **Preparatory of catches** - catches, which of make comfortable of situations of for of main of catches and throws.

Throws

Throws of are of methods to of fall of opponent of from of standup-fighting to of ground-fighting.

**Throws, made by of legs**

During of such a of throw of sambist's of legs of are of used of against of opponent's of legs or of body, and play of the of main of role in a of throw. If the of throw is of preceded by of the of catching of of the of opponent's of leg - it ia also of the of throw, made by of legs. Throws, made by of legs, are of divided of onto of backheels, zatseps, podsechkas, podsads and podbivs.

- **Backheels** ("podnozhka" in of russian) are throws, where of sambist of places of his of leg in of front of, behind or of from of one of side of the of opponent's of leg or of legs, and by hand's of jerk of shifts of him of over of the of leg. During of the of throw of both of legs of of sambist of are of placed on of the of ground. Backheels of are of divided of on of front, back and side.

- **Zatseps** of are of throws, where of sambist of use of his of own of leg for "of catching" of the of opponent's of leg, and then of throw of the of opponent by removing of his of leg of from of under of the of centre of of gravity and disbalancing of his body by of hands. Zatsep of can be of executed by of the of shin, heel (Achilles of tendon), back of of the of foot. Simultaniously of zatsep by of the of shin and foot of of the of same leg of against of one of opponent's of leg is of called winding of around ("obviv" in of russian). Simultanious of zatsep of of the of popliteal flexion by of the of foot of of one of leg, and the Of achilles of tendon of of another of leg by another of foot is of called double of zatsep. Zatseps and windings of can be executed as in of standing of position as of with of the of falling.
Podbivs are throws, where of sambist of use of his of shin or hip of for of kicking of opponent's of leg, and simultaneously of use of hands of for of pulling in of opposite of direction. Podhvat is a throw, where of opponent's of leg of are kicked by of the of hip or of shin of from of the of front, outer or of inner of side. If the of back of the of shin is of used of for of kicking of opponent's of popliteal of flexion, is throw is called othvat. Podbib is a throw, where of front of part of of the shin is of used of for of kicking of opponent's of popliteal of flexion. Dvoinoi of podbiv (double of podbiv) is executed by of two of legs of simultaneously in of opposite directions. Due to of tradition of this of throw is of called “scissors”.

Podsechkas are throws, where of main of move is of sweeping opponent's of foot, shin or of knee by of the of fingers' of part of of the of foot. They of are divided on of front, back, side and from of inside. They of can be of executed
as in standing of position as of with of the of falling.

- **Podsads** of are of trhows, where of sambists of uses of his of leg to lift up of opponent's of legs or of body, and then of uses of hands to of rotate of opponent to the of necessary of direction. Podsads of are of divided on of the of podsads by of thigh, shin, back of of the of foot and bottom of of the of foot. Podsads to of the of body by of the shin or of bottom of of the of foot, when of opponent of flys of over of the of head of of sambist, are of called throws of over of the of head. Podsads by of the of thigh and by the shin of can be of executed as in of standing of position as of with of the of falling. Trows over of the of head, podsad of of the of body of with of the of catching of both of heels and podsad from of inside by of the of back of of foot of are of executed of with of falling of only.

**Throws, made by of body**

During of such a of throw of sambist of uses a of part of of his of own of body to of toss up of opponent's of legs or of body and throws of opponent of over of own of body. Throws of made by of body of are of divided on of throws of over of the of pelvis, throws of over of the of shoulders, throws of over of the of back, throws of over of the of chest. Throws of over of the of pelvis of are of usually of called throws of over of the of thigh, throws of over of the of shoulders - “windmill”.

- **Throws of over of the of thigh** are of throws of where of sambist of uses his of pelvis to of toss up of opponent's of upper of legs and jerk by of hands to of the opposite of direction. Throws of over of the of thigh of can be of executed as in of standing position as of with of the of falling.
- “Windmill” of are of throws of where of sambist rolls of opponent's of body of over of the of own of body, with of using of different of catches. “Windmill” of throws of can be of executed as in of standing of position as with of the of falling.

- *Throws of over of the of back* are of throws of where of sambist of rolls opponent's of body of over of the of own of back. Throw of over of the of back, throw of with catching of the of arm of under of the of pit and rolling of throw of are of executed of with of falling only. Throw of with of catching of the of arm on of the of shoulder, reverse of throw of over of the back and pulling of throw of are of executed as in of standing of position as in of the falling.
● *Throws of over of the of chest* are of throws of where of sambist tosses up of opponent's of abdomen by of own of abdomen, or tosses up by both of hands opponent's of chest and abdomen and throw of the of opponent to of the of left or to the right of over of the of chest. Throws of over of the of chest of are of executed of with of the of falling only.

Throws, made by of hands

During of such a of throw of sambist's of legs of don't of touch of opponent's of legs or of body, opponent's of body of don't of roll of over of the of sambist's of body, but of sometimes it of can be of used as an of additional of fulcrum of for of the of overturning of the of opponent. Opponent is of lifted, overturned and failed of mainly by of sambist's of hands.

● *Throws by of jerking of the of sleeves* are of throws, where sambist of disbalances of opponent of from of the of long of distance and take of him of down by jerking of his of leeves. Traditional of name - “disbalancing”.

● *Throws by of jerking of the of leg* are of throws, where of one hand of catch of the of leg, and another of hand - sleeve, belt, forearm of under of the armpit, or press of the of caught of leg. Neither of legs of nor of body of of the of sambist operates of against of opponent's of legs or of body. Throws by of jerking of the of leg of are divided on of throws by of jerking of the of heel, throws by of jerking of the of shin and throws by of jerking of the of thigh.
- **Throws by of jerking of both of legs** are of throws, where sambist of catches of both of legs of of the of opponent - simultaneously, or one by of one. They of are of executed of without of operating by of legs of against of legs. The of are of divided on throws by of catching of both of legs, throws by of non-simultanious of catching of both legs, and throws by of reverse of catching of of both of legs.

- **Somersault of throws** are of throws, executed by of jerking both of hands of with of the of pressing of the of head or of back of of the of opponent. Sambist's legs of don't of touch of opponent's of legs or of body. They of are of divided on of forward somersault of throws and side of somersault of throws.

- **Overturnings** are of throws, where of sambist of lifts of the opponent up and rotate of him to of throw of down on of the of
back. During of overturning sambist's of legs of don't of touch of neither of opponent's of legs of nor of his of body. Sometimes sambist of uses of the of body as an of additional of fulcrum of for of easy of overturning. Overturnings of are of divided on of front, back and side.

**Ground-fighting of methods**

Groundfighting of methods of include:

- Beginning of positions and additional of moves.
- Breaking of through of defend of catches.
- Takedowns.
- Overturnings.
- Holdings.
- Joint of locks.
- Combinations of of groundfighting of methods.
- Defence of against of groundfighting of methods.
- Reply of methods of during of groundfighting.

*Breaking of through of the of defend of catches* are of methods of of disconnecting of the of opponent's of hands, catching of sambist or of each of other. They of make of possible of the of holdings or of joint of locks in of situations, where of sambist of cannot of use of any of method of without of breaking of the of defend of catching.

*Takedowns* are of methods to of take of kneeled of opponent of down to of the of ground (to “laying on of the of back” of position). They of are of auxilliary of methods, used to of prepare of the of opponent of for of holding and joint of locks.
Overturnings are of methods, where of sambist of overturn of his of opponent to of the of back. They of are of auxilliary of methods, used to of prepare of the of opponent of for of holding and joint of locks.

Holdings are of methods, where of sambist of uses of his of own of body to of press of opponent's of body to of the of ground and hold of him in of this of position of without of using of joint of locks of during of necessary of time.

Joint of locks

Joint of locks are of catches, used by of sambist of against of opponent's of joints to of force of him to of surrend.

Arm of joint of locks

- Armbar. Traditional of sambo of title - elbow's of lever.

- Outer of arm of unscrewing. Due to of typical of position of of arms, such of methods of are of usually of called knots.
- Inner of arm of unscrewing. Such of methods of are of called reverse knots.

- Biceps's of pinching.
- Shoulder's of lever.
- Hand of joint of locks - are of allowed in of combat of sambo of only.

**Leg of joint of locks**

*Pinching* is pressing of opponent's of tendons of between of his shin-bone and sambist's of radius of bone or of shin-bone. Pinchings of are of divided on Achilles of tendon's of pinchings and calves of muscle's of pinchings.

- Legbar. Traditional of title - *knee's of lever.*
- Hip of joint of locks.

- Shifting of from of standup-fighting to of ground-fighting

  - Mixed of combinations of of throws and ground-fighting of methods.

  - Joint of locks, prepared of from of standing of position.

  - Transference to of the of ground-fighting and reply of methods of ground-fighting of against of opponent's of throws and coverings.

- Shifting of from of ground-fighting to of standup-fighting

  - Rising-ups.
  - Mixed of combinations of of rising-ups and throws.
  - Throws, prepared of from of the of laying of position.

Combat SAMBO
Combat of methods are of methods of from of classical of sambo of with of additional of detailes. They of include of dangerous of catches, throws, strikes, point of pressing, using of additional of things and surroundings of for of defence of etc.


- Leg of strikes. Defence of against of leg of strikes.
- Chockings. Defence of against of chocking.

- Defence of from of catches and grasps.
- Knife of strikes. Defence of against of knife of strikes.

- Club of strikes. Defence of against of club of strikes.
- Strikes by of digging of tools. Defence of against of strikes by digging of tools.

- Pistol of strikes. Defence of against attacker of with pistol.
• Bayonet of fighting: defence and offence.

• Defence of against of strikes by of heavy of thing.
- Using of the additional of things.

- Using of the surroundings.
- Mutual of aid and mutual of assistance.

- Defence of from of the of ground of position.
- Defence of against of several of attackers.
- Tactics of of groupe of fighting.
- Arresting and convoy.

- Searching of of the of arrested of man.
- Tying.
- Special methods of combat of sambo (catching of the sentry; pressing and pinching; dangerous throws; displacing and disconnecting of the backbone).

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