

Wrestling sambo. Collection of training films.



DVD1. Sambo. Kytmanov. Theory and practice of ground fighting.

DVD2. "Russian Sambo" - "Michael Martynov. My personal technique."

DVD3. "Russian Sambo" - "Michael Martynov. competition Technique."

DVD4. Lessons of combat Sambo. David Rudman. "1000 ways of painful hold."

DVD5. Lessons of Sambo. David Rudman. Decoupling of hands during painful hold armbar.

DVD 6. Sambo for coach - 100 submission techniques of SAMBO.

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