

Newsletter of the American Sambo Association. Volume 6, Number 4. April, 2008

5th Anniversary Issue!

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A Word from the President:

Greetings everyone,

It is five years ago this month (April 21) that Alexander Barakov and I founded the American Sambo Association. I think it is fair to say that during the past five years we have become the largest and most influential Sambo organization in the United States, and possibly North America.

Our membership has grown, the services we provide have grown, our listing of events has grown, our newsletters have grown...you get the idea. But, none of this...*and I mean that seriously*...would have been possible without our member support and the hard work of our ASA Officers, Advisors, and sponsors.

The ASA has been one giant team effort and success story. So on this fifth anniversary of the ASA, I want to thank everyone that has taken the time to lend a hand and be a part of this Association.

We still have a long way to go, but for now let's sit back and enjoy our success! We have lots of news to share in this issue.

In our new "ASA Member News" Section you will see that our ASA members are making a name for themselves. So much so, we had to create a new section of the newsletter! **Be sure to submit your member news for future issues!** I hear lots of news through the grapevine about our member successes. Please be sure to send us your news so we can share it with our readers!

We also have another wonderful article from ASA member Scott Anderson! We are all thankful that Scott is willing to put these pieces together for us!

As usual, you will see all the latest in event and association news. There are lots of training camp opportunities this summer, so get ready!

Thanks again to all our supporters! See you all next month!

Sincerely,
Stephen Koepfer
ASA President

Sambo and ASA News:

- Lockflow Sponsors Team American Sambo in Challenge Against Team Grappler's Quest!



The ASA is very proud to announce that www.lockflow.com has chosen to jump on board as a sponsor of **Team American Sambo**! Because of our sponsors' support (**Lockflow** and **Black Mark Fight Gear**) and your **ASA membership dollars**, we are able to provide our team with registration fees, uniforms, and a portion of travel/hotel expenses for our next big event! The ASA sincerely thanks our sponsors and members!!



Team American Sambo has been asked to participate in a no-gi team challenge against the Grappler's Quest BJJ competition team. Brian Cimins, Grappler's Quest President, has asked the ASA to put together the best possible team of American Sambists for this event. It is the hope of both the ASA and Cimins that this event will not only highlight the top up and coming US grapplers in each style, but demonstrate a true

spirit of camaraderie, friendship, and love of grappling.

The team challenge will take place on **Sunday, June 29th, 2008** at the Grappler's Quest 2008 Copa Atlantica

www.grapplers.com

Rules for the match will consist of two four minute periods. The first period will be submission only, with no points being scored. If there is no submission by the end of period one, period two will use the Grappler's Quest advanced division rules. The matches will consist of one grappler in the following weigh classes:

149.9 lbs. and under
150-159.9 lbs.
160-169.9 lbs.
170-179.9 lbs.
180-199 lbs.
200-219.9 lbs.
220 lbs. and over

Team roster will be announced shortly.

- 2008 US Training Camps with World Sambo Champion: Igor Kurinnoy

The American Sambo Association is proud to announce: 2008 IGOR KURINNOY US TRAINING CAMPS

The Midwest Vice President of the ASA, Gregg Humphreys is once again doing us all a great service by arranging for two not to be missed training camps with World Sambo Champion Igor Kurinnoy.

Igor is a 3x Sambo World Champion, 5x Sambo World Cup Champion, International Sumo and Judo Champion. He is the head coach of Borec in Moscow, creator of the best selling "Sambo for Professionals" Instructional series, and was most recently featured on the History Channel's Human Weapon.

This year, Igor will be holding training camps in Iowa and California.

To see what training with Igor is like, watch this video from our training camp at his club in Moscow (May, 2007):

<http://www.youtube.com/watch?v=U35qeumRiCA>

Here is Igor from the History Channel's Human Weapon:

<http://www.youtube.com/watch?v=GHB9Pt3OKo>

Dates and contact information for these training camps are as follows:

June 28 - July 1, Bettendorf, Iowa.

This camp is Hosted by ASA Midwest Vice President and Miletich Fighting Systems Judo/Sambo Coach Gregg Humphreys. For information about rates and attending this Iowa camp, please contact Gregg at: samboforprofessionals@yahoo.com

July 4 - 6, San Francisco, California.

This camp is hosted by ASA Athlete's Representative and Cali Combat Sambo Head Coach, Serge Gerlach. For information regarding rates and attendance at this camp, please contact Serge at: calicambo@gmail.com

- **Sambo Summit: Linclon City, Oregon!**

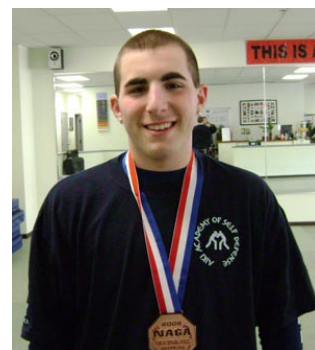
After our successful 3 day training camp in New York City, we have decided to go west! Last year's camp boasted much talent in the coaching realm with Oleg Taktarov, Dayn DeRose, Aaron Fields, Stephen Koepfer, and David Machin running sessions. Participants were treated to 3 training sessions per day for 3 days, room and board, and certificates of completion.

In September 2008, we are planning our Summit to be in Lincoln City, Oregon. Coaching staff will include Aaron Fields, Gregg Humphreys, Dayn DeRose, and Stephen Koepfer. Additional coaches may be added. Participants will be treated to 3 training sessions per day, room and board, and an ASA official's certification. The dates are **September 12 – 14, 2008**. For registration information please contact: skoepfer@nyc.rr.com

ASA Member News:

- **Aiki Academy of Self Defense: North Branford, Connecticut.**

March 8, 2008 - AASD Youths earn Gold, Silver and Bronze Medals at the NAGA New England Competition! Three AASD students attended the Rhode Island tournament and brought home three medals. **Andy Kendrick** from North Branford placed first and **Jessie Pelosi** from Guilford placed second in their division. **Daniel Coe** from North Branford placed third in his division.



April 6, 2008 - Five AASD youth students went to the NAGA World Championship tournament in New Jersey. All medaled! The AASD is really proud of their students and how they used their Sambo skills to win. AASD had three students in the same division, and they took home the gold, silver and bronze. Another 9 year old student competed in an older age bracket due to his size/weight and he won the gold medal and beat out a 12 year old. The final student, **Andy Kendrick**, who won gold in March at NAGA New England, took gold again in the gi division.

April 26, 2008 – AASD will be hosting a seminar with UFC fighter **Kenny Florian**. Please call Dennis Hill at 203-484-2020 to register.

Summer 2008 – AASD will be hosting a Youth Summer Camp in week long segments between June 17 and July 25, 2008. Daily sessions run

from 9am – 12pm. Camp Coaches include **Dennis Hill** (Combat Sambo/Combat Hapkido), **Joseph Vigdorichik** (wrestling), and **Sid Kelly** (Judo). If you are interested in registering your child for this camp, please visit:

www.aikiacademy.com

- **James "Chico" Hernandez: Washburn, Maine.**

April 5, 2008 - Team Irish and American Sambo Association member **James "Chico" Hernandez**, 54, won a pair of world titles competing at the NAGA World Championship. Hernandez won a Bronze medal in the No-Gi competition by defeating Phil Kavowski (New York, NY) via choke. In the Gi competition, Hernandez won the Silver. He lost to Neil Keegstra (New Jersey) via referee's decision after a 2-2 score. Hernandez had defeated Keegstra before at the 2006 NAGA by a score of 6-2.

- **Ronald Hill: Joliette, Illinois.**

March 29, 2008 - After coming off of some impressive victories at the Kentucky Hayastan Challenge and the Pure Force Grappling Championships in Illinois, HCX Mixed Martial Arts invades USA Pankration. HCX is coached by Ron and James Hill. HCX took five fighters to the Team USA Pankration trials to compete for a spot on the US Team. Three of the five were added to the team to compete against, Russia, France, Canada, India, and Portugal on April 12th in Green bay, Wisconsin. We should all expect big things from them in the near future. The new Team USA members are **Laura Edler-Hill** (no relation), **James Bullock**, and **Ray Bohm** (who is a returning Team USA member).

May 23-25, 2008 - Ron Hill will also be teaching at the ICSDA Combatives Conference in Tinley Park, Illinois. For more information about attending this conference please contact Ron Hill at: mastertashi7@yahoo.com

- **NY Combat Sambo: New York, NY.**

March 30, 2008 - Team NYCS attended the inaugural UMAN (United Martial Arts Network)

Grappling tournament today in Rahway, NJ. For many of the team members, it was their first time in any kind of grappling competition and there were no experience divisions in this tournament!

Mitch Carson did great! He lost via submission, but gave a good showing against a very seasoned competitor. This was **Alexius Phoenix's** first grappling event. He went 1-2. He rocked the mat with his patented "crazy rolling" and pulled of a nice sub (guillotine). **Jon Luftman** did a great job. He finished 1-1. Jon got caught in match 2 with a guillotine, but rocked match 1! Really great job...nice arm bar/triangle! **Alex Chang Tang** also did a great job. He finished 1-1. Alex had not competed in a year and a half and showed good spirit. **Reilly Bodycomb** finished 1st in lightweight with two...you guessed it...leg locks; and finished 2nd in the absolute division (open weight)...another 2 leg locks, and one loss via toe hold (it was very close...a toe hold race as it were) Reilly finished 4-1.

Chumakov's Tactical Innovations for Sambo: Part 1

By Scott Anderson (edited by Stephen Koepfer)

After Sambo founder Oshchepkov's death in 1937, Anatoly Kharlampiev became the heir apparent. At that time, Oshchepkov's Sambo was part of the sports complex in Soviet schools. Being accepted into a Sambo section was more like trying out for a US high school wrestling team. There were try outs and many would be athletes were cut to pursue sports that they might be better suited for. A successful section with winning teams was essential as it brought more students and increased funding. In spite of this pressure to weed out the best and discard the rest, Kharlampiev kept one 52 kilogram boy who did not seem at first glance to be a good prospect.

That student was Evgenie Chumakov. At first, Chumakov was manhandled by the other young wrestlers. Nevertheless, he seemed keenly

aware of what was happening to him on the mat. He analyzed techniques and more importantly, pondered tactics: what worked; why; and when? If he had one thing working in his favor, it was his hands. His hands were over-sized and very strong.

Chumakov noticed something odd: as the tougher boys pushed him, he gripped and pulled. He was able to throw and sweep the physically stronger boys. Evgenie had discovered for himself that techniques worked hand-in-hand with tactics, and tactics overcame short comings. He understood this so well that the teen soon won his first national championship.

His story could have ended there as Germany invaded the USSR. Chumakov was a medic who now earned his medals on the battle field instead of the mat. Sambo even got him out of trouble: caught off guard by a Nazi ambush of his unit, he broke a choke hold and escaped to warn his comrades. Many Sambists did not come home from the war, or came home broken. Chumakov was luckier than most, but he was not the luckiest.

Chumakov's military career ended when his hands and arms were shredded by shrapnel. In the hospital, he was told that he needed rehabilitation and therapy, but he figured that his best therapy was grabbing a group of wounded comrades and forming his own Sambo section. This forced the realization that his hands were no longer ideal tools for gripping and pulling his opponents. They were too damaged and no amount of squeezing rubber balls would fix that. In turn, Chumakov reworked his arsenal to be based on tactics for pushing instead of pulling. When the national championships resumed after the World War II, Chumakov won three more national titles with these same shredded hands.

After the war, Chumakov knew only two things: wrestling and war. So, off to school he went to become a professional sports trainer. After graduation, he found a job at a school without a Sambo section, so his first task was to start one at SCYTHIAN: the children's section of the

sport's club for the Institute of Physical Culture. Unlike the pre-war system, Chumakov never considered having try outs. He welcomed everyone who wanted to participate. Running a Sambo section allowed him to experiment with innovations that had been on his mind for years. These reforms netted spectacular results.

Chumakov noticed that training models of the time exhibited two extremes. The first extreme did almost nothing but drill the standard techniques. The second did almost nothing but wrestle. Neither approach seemed to produce well rounded wrestlers who were adept at picking ploys that combined excellent technique with tactical flexibility. Chumakov tinkered with the right training mix to achieve this goal.

Editor's note: May's issue of our newsletter, we will continue with part 2 where some of Chumakov's training approaches will be explored.

Upcoming 2008 Events:

- **April 20, 2008.** Montreal, Canada. The Canadian Combat Sambo Federation and the ASA bring you the **2008 Combat Sambo Challenge** and **Canadian Freestyle Sambo Open**. One tournament, two divisions. Visit www.ussambo.com for registration information. Or contact Eugene Shewchuk at: admin@clubkozak.com
- **May 2 – 4, 2008.** Cedar Rapids, Iowa. The ISCF bring you the **2nd Annual Amateur MMA World Classic**. This is a great event! If you want to get your feet wet in MMA, this event is the place to do it. Visit www.iscfmma.com for more information.

To see Coverage of last year's event, watch as **Total Victory** covers New York Combat Sambo fighter Reilly Bodycomb at the 2007 MMA Classic:

http://ussambo.com/VIDEOS/tv_episode_3.wmv

- **May 4, 2008.** Saddlebrook, New Jersey. The **American Amateur Sambo Federation** brings you the **XV Annual US Sambo Open**. Tournament info can be downloaded here:
http://www.sambo.com/aasf/docs/XV/XVUS_AOpen_Invitation_ind.doc

- **June 28 – July 1, 2008.** Bettendorf, Iowa. **Igor Kurrinoy US Training Camp**. For information about this camp, please contact Gregg Humphreys at:
samboforprofessionals@yahoo.com

- **July 4 - 6, 2008.** San Francisco, California. **Igor Kurrinoy US Training Camp**. For information regarding attendance at this camp, please contact Serge Gerlach at:
calicambo@gmail.com

- **July 17 - 20, 2008.** East Strousberg, PA. **No Limits Training Camp**. 4 days of live-in Kyokushin (Eric Mercado and Tony Capraro), Sambo (with Stephen Koepfer), boxing and kickboxing (with Devon Cormack), conditioning and more! For more information contact Camp Director Tony Capraro at ckyokushin@aol.com

- **September 12 - 14, 2008.** Lincoln City, Oregon. **2nd Annual Sambo Summit Training Camp**. 3 days of Sambo training including a referee's clinic! Room & board, 3 training sessions training, and instruction from noted Sambo coaches Aaron Fields, Dayn DeRose, Gregg Humphries, and Stephen Koepfer. Stay tuned to www.ussambo.com for registration information or contact: skoepfer@nyc.rr.com

- **October, 2008.** Rahway, New Jersey. **The 5th Annual North American Freestyle Sambo Championships**. In addition to our open Freestyle Sambo championships, this year will host an invitational no-gi, submission or draw team tournament. For

more information please visit www.ussambo.com

- **November, 2008.** Saddlebrook, New Jersey. **The Ultimate Sambo Open!** Contact ykoulikov@optonline.net or www.ultimatesambo.com for more information