



Newsletter of the American Sambo Association. Vol. 6, Number 11&12. November/December, 2008

## End of Year Issue!

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## A Word from the President:

Greetings everyone,

The end of the year is here! This month we have quite a bit news to share! We start with my report from the 2008 World Sambo Championships and news of the ASA's new relationship with the All Russian Federation of Fighting. We've also got a new commentary by Scott Anderson and lots of ASA member news.

Of course we are starting to gear up our 2009 event calendar. So, be sure to mark down the dates for our training camps, seminars, and tournaments. At this point many dates are still tentative with more being added, but we will certainly keep you all posted. Never hesitate to contact the ASA if you need more information.

Lastly, and most importantly, I want to thank all the ASA board members, member clubs, and individual members who have helped the ASA grow as much as we have over the last year. Gregg Humphreys, Aaron Fields, Dayn DeRose,

and Serge Gerlach have helped me in more ways than I can count. So, please accept my heartfelt thanks!

Have a great holiday season everyone! See you all on the mat in 2009.

Keep on grappling!

Sincerely,  
Stephen Koeper  
ASA President

## Sambo and ASA News:

- 2008 World sambo Championships Report.



November 13 – 17 in St. Petersburg, Russia marked the XXXII Annual World Sambo Championships and celebration of Sambo's 70<sup>th</sup> anniversary. I was honored to attend the World

Championships this year as one of the US Team coaches. Our time in St. Petersburg was a great experience with lots of great Sambo action, great international bridge building for the ASA, and some learning experiences along the way.

This year was the first time in the last six years where a full US Team was in attendance with representation from some of America's top Sambo clubs. And while we did not bring home any medals, we were all proud to represent our country at the world's largest Sambo tournament. The presence of the US Team was noted to us by many other national teams!

The ASA was very glad to work with the American Amateur Sambo Federation to help make this year's team possible. Thanks to Jack Kogan and Vitaly Zaslavsky for all their support. The US Team's Combat Sambo coach Oleg Savitsky took the lead for the AASF to get the 2008 team off the ground. Without him there would have been no team this year. I was very thankful for his call and request for assistance in this endeavor.

I am also very thankful to Fierce Contact Sportswear ([www.fiercecontactsportswear.com](http://www.fiercecontactsportswear.com)) for their support with this year's team uniforms as well as Matthew Polly of the Washington Post (Slate Magazine) who travelled with the team to document the event. Matt was also very helpful to us with taking pictures and videos! Be sure to keep an eye out for Slate Magazine and his article on Russia (expected in January/February 2009). I am also grateful to my coach Alexander Barakov who came every day to the Worlds and supported the US Team like it was his own.

**The 2008 US Team consisted of:**

**Team Manager:** Jack Kogan

**Team Representative:** Vitaly Zaslavsky

**Head Coach:** Victor Tatarkin

**Combat Sambo Coach:** Oleg Savitsky

**Sambo Coach:** Stephen Koepfer

**57kg Combat:**

David Juliano (Ultimate Sambo)

**68kg Sport:**

Reilly Bodycomb (NY Combat Sambo)

**68kg Combat/82kg Sport:**

Michael Ruesch (Ultimate Sambo/Red Bear)

**82kg Combat:**

Vladislav Koulikov (Ultimate Sambo)

**90kg Combat:**

Oleg Savitsky (Red Bear Sambo)

Needless to say, the tournament was huge! There were 48 countries represented with just under 830 athletes in attendance. Mingling during the event was like attending a United Nations summit. From the first day of hotel check-in at the massive and opulent Hotel Pribaitiskaya, we knew this would be big, possibly the biggest Sambo event in quite a long time. Millions watched the event across Russia on television. In fact, several members of the US team were interviewed for Russian television.

The World Championships took place over three days. Days one and two consisted of Sport Sambo and day three was all Combat Sambo. Each day started with 7am breakfast, an 8am bus to the Yubileiny Sports Complex for warm-ups, and a 10am sharp start of the day's preliminary rounds. Finals began at 6pm each day to a packed stadium that seated thousands.

While our team did not bring home any medals, everyone did very well as most of the team members (with the exception of Savitsky) were competing at international level for the first time: Quite an ice-breaker! Bodycomb and Ruesch fought well, but lost on points in Sport Sambo on day one. Bodycomb faced Ireland and Ruesch faced off against Algeria. Both fighters showed good skill and came very close to nailing nice leg locks, but were unfortunately on the wrong side of the point game.

We all rested up on day two and enjoyed watching the tournament and shopping for all the latest Sambo gear and t-shirts. Day three

Ruesch, Koulikov, Juliano, and Savitsky were scheduled for Combat Sambo.

Mike Ruesch lost his bout to a total victory throw, which to many of us seemed a ridiculous rule for Combat Sambo. Particularly since standing escapes are omitted in Combat Sambo and groin kicks and head butts are legal. But, those are the rules.

Koulikov started his fight one point down due to a dispute over his headgear which caused a delay in his entrance to the mat. The headgear, which was allowed literally one fight prior, was deemed inappropriate during his fight, which caused a search for borrowed head gear (thanks to Darrin Richardson from England) and a delay in his match.

Ironically, the same “illegal” headgear was then allowed in the very next fight. Vlad later had a decision made by the table judge reverse a 4 point throw to a 2 point throw...after much debate by the mat and table judge.

Unfortunately, Vlad also lost out during a rolling shoulder lock that was sunk in real tight, when his borrowed legal “foam dipped” head gear (which is totally inappropriate for full contact fighting/grappling) fell off during the roll and the ref stopped the action just before the submission was finished. Vlad, fought well in spite of all this, but lost on points.

Oleg Savistky, who was allowed to wear the “illegal” headgear won his first two fights against Italy and Mongolia, but lost his third bout to Russia. He then had a fourth bout to determine who would fight for Bronze, but he lost this bout as well. Nevertheless, Oleg had four hard fights in a single day and showed the world that the US can represent!

To see Oleg’s two wins check out these links:

Vs Italy:

[www.youtube.com/watch?v=-cUI2LGDmHI](http://www.youtube.com/watch?v=-cUI2LGDmHI)

Vs Mongolia:

[www.youtube.com/watch?v=aUS9jOuly5M](http://www.youtube.com/watch?v=aUS9jOuly5M)

Unfortunately another “equipment snafu” ended Juliano’s chances. Juliano was wearing the approved Dan Sport blue kurtka required by the event, but at match time was told that his jacket was too faded; that the blue color was not bright enough. After a long scramble to find another kurtka, David was told the time allotted to show up for the match had expired and he was disqualified. Needless to say we all felt horrible as David paid his own way to travel half way around the world, only to get disqualified.

The team tried to stay positive and focus on the larger benefits and joyous moments of the event: the largest gathering of like-minded people being one of them. Coming from the US, where Sambo is always the odd man out at grappling events, it was great to be around so many people who know what Sambo is!

It was great to hang out, meet, and socialize with the Sambo folks from around the world. Sunday night at the hotel hanging out at the hotel bar with the UK guys, Germans, and others was a blast. It was great to meet and build contacts with Saeed Akhmedjanov of the Asian Sambo Federation; to finally meet Martin Clarke and Darrin Richardson of the UK; Robin Hyslop of Scotland; Hidehiko Matsumoto of the Japan Sambo federation; and many others.

Perhaps best of all was the true sense of camaraderie felt by the US team. To spend these days together was priceless. I can truly say that these guys are an awesome crew! Travelling together is not always easy, but this team bonded in a way far greater than I expected. As the main mat coach, I can’t say how proud I was to help warm up the guys, strategize with them, and work their corners for every single match (as stressful as that is!)

In the end, the event was a great experience for all involved! Here are some pics and a highlight video that should give you an idea of what it is like to be at the worlds.

**Highlight Video:**

[www.youtube.com/watch?v=3bA1lmYh7s](http://www.youtube.com/watch?v=3bA1lmYh7s)



*Mike Ruesch working for an ankle lock. Photo by Vitaly Zaslavsky*



*Vlad Koulikov scores a takedown. Photo by Vitaly Zaslavsky*



*Oleg Savitsky working pouncing his Italian opponent. Photo by Vitaly Zaslavsky*



*The 2008 US Team*



*Reilly Bodycomb working for leg control. Photo by Vitaly Zaslavsky*

- **ASA and FKE Join Forces!**



I am proud to announce that after a meeting with the officers of the FKE in St. Petersburg, Russia,

The ASA has entered a formal agreement to cooperate with the FKE and begin developing international Combat Sambo training and competition projects.

The FKE, or **All Russian Federation of Fighting**, is directly in charge of training military cadets, court officers, police, and some special forces units in Russia. The FKE actively works with the Military Academy of the Ministry of Internal Affairs, the Russian Federation's Department of Justice, and the International Association on Drug Control. In addition, the FKE organizes military based Combat Sambo and combat sport competitions.

Come 2009, the ASA and FKE will endeavor to create international Combat Sambo training opportunities for US military, police, and civilian groups in Russia; as well as organize US teams for participation in military and police based Russian sport competitions.

This is a big step forward for the ASA and international exchanges in combat sambo training. It is certainly a huge goal to achieve and will doubtless take lots of work and time, however, we are glad to be formally setting foot on this road.

On November 17, ASA President and NY Combat Sambo Head Coach Stephen Koepfer and NY Combat Sambo team member Reilly Bodycomb gave a lecture, demonstration, and seminar on Combat Sambo for approximately 40 invited guests of the FKE at one of their training facilities in St. Petersburg. In attendance were FKE President Alexander Sergeevich (FSB and Internal Affairs Liaison); FKE Vice President Bokarev Alexander Jurevich; Head Trainer Alexander Barakov, as well as military, police, and civilian students. The seminar was a great step forward towards building this new relationship between the ASA and FKE. We look forward to future growth and development of this relationship!

Here are portions of the ASA/FKE seminar:

Part 1:

<http://www.youtube.com/watch?v=9t-3mAsx7hQ>

Part 2:

[http://www.youtube.com/watch?v=M\\_5AEV6UoL0](http://www.youtube.com/watch?v=M_5AEV6UoL0)

Part 3:

<http://www.youtube.com/watch?v=DJJBX5RNZQg>

- **2009 ASA Newsletter Publication Schedule.**

For the 2009 year, the ASA newsletter will be published bi-monthly. If you have news or articles to submit for the newsletter, you must have it to the ASA before the following publication deadlines:

**Feb 15, April 15, June 15, August 15, October 15, December 15.**

## ASA Member News:

- **Welcome New ASA Members!**

### **Lucas Morley, Point Lucie, Florida**

Lucas Morley, chief instructor of Ultimate Sambo Florida, has been training in the martial arts since 1985 starting out in Brazil with Judo. Lucas made his transition to Sambo in 2005, with Master Vladislav Koulikov of Ultimate Sambo. Lucas is now a Judo Black Belt and Sambo instructor under Master Koulikov. Lucas is the USA Wrestling 2006 Sambo Nationals silver medalist, 2008 Florida State Sambo Champion (USAW), and 2008 Florida Sunshine State Games Sambo Champion (USAW).

[submissionsambo@yahoo.com](mailto:submissionsambo@yahoo.com)

[www.russiansambo.com](http://www.russiansambo.com) or 772-626-6500

### **Rosati School of Martial Arts, Kings Park, New York**

Rosati school of Martial Arts, under the direction of Sensei Michael Rosati has incorporated a children's Sambo program in his club under the direction of ASA member Carlos Del Valle. The program has been very well received and is growing strong! To contact The Rosati School, call 631-981-1125 or visit

[www.shorinryukaratejutsu.com](http://www.shorinryukaratejutsu.com)

## Champions Training Center changes name and focus!

Champions Training Center of Hurst, Texas has formally changed its name to **Red Scorpion Combat Sambo**. Red Scorpion is now a private training facility for military, police, fire, and rescue personnel. For more info about Red Scorpion contact: [texas.sambo@yahoo.com](mailto:texas.sambo@yahoo.com)

- **Aaron Fields Seminar – Portland Oregon!**

Aaron Fields, from Sea-Town Sambo and Seattle Jujutsu, taught a seminar in Portland Oregon at Kim's Tae Kwon Do over the Thanksgiving weekend. John Litchfield, (one of the senior guys from Aaron's club,) has been working with a small number of guys in Portland, including ASA member Aaron Brown, who runs the Tae Kwon Do school with his wife. The group has had an ongoing exchange with the Seattle club.

The Portland group started up a little over two years ago and has made numerous trips to practice in Seattle, as well as having Aaron Fields down several times. This was the first "public" seminar held by the group.

The seminar was well attended and everyone went home with something new. There was a wide range of backgrounds and experience levels, the group meshed well together despite the difference in experience and backgrounds. The focus was on applying rolling mechanics in throwing and groundwork, as well as gripping strategies, and submission work.

In the future seminars will be held on a regular basis and will be announced. All grappling backgrounds and experience levels are welcome to attend. Of course a good sense of humor and sunny disposition is always required.

## Photo of the Month



*Oleg Savistky defeats Mongolia at the 2008 World Sambo Championships. Photo by Vitaly Zaslavsky.*

## Bilateral Skill and Experience Augmentation Learning Modes

By Scott Anderson

By intent or just plain perverse translation, sometimes basic SAMBO principles and their terminology morph into multi-syllabic seminar filling treatises far beyond what SAMBO's founders intended. Their original plan was keep it simple, make it easy to learn, practice it hard and realistically, and then to apply it harder and faster when it was really needed: A simple recipe for success that works for most any endeavor in life.

Victor Spiridonov studied the ways that the Japanese martial artists learned, and saw two extremes: *kata* or *uchikomi* and *randori*. His first problem was that these terms were as much gibberish in Russian as they are to the average American. We need them first translated into English, and then, because they are a sport or professional jargon, we need the terms explained to us.

In his translation, he got the following out of the Japanese:

*Kata* - Choreographed techniques between two or more trainees where only one trainee is intended to be trained from the sequence. His partner is simply a living training device.

*Uchikomi* - This would be the fit in for a throw or other ploy where, again, only one trainee receives the full benefits of the training sequence while the trainee learns his trade.

*Randori* - Free fighting where both trainees are attempting to use their ploys while fully resisting and countering the ploys executed by the training partner.

From this, Spiridonov concluded that the Japanese had two modes for training: one-sided training and competitive free fighting. He agreed that one-sided training appeared to be a safe method for training a student in the basic motions and principles for ju-jitsu, and ultimately, for Spiridonov's system for self-defense, but he could not believe that the next step up from one-sided training was the pure antagonism of free fighting. Thus, he developed the concept of two-sided training.

Spiridonov felt that throws had their place in his system, but not a very high one. To him, they were time consuming to learn and possibly problematic to use if the fighter could not maintain a healthy training schedule. Therefore, he reduced one-sided training to a scenario where the trainee was attacked by his partner with a predetermined ploy that the trainee was supposed to counter using one of the simple joint locking techniques taught in Spiridonov's system. Once the attack was being countered by the trainee, the partner stayed with his original attack and did not resist the applied counter ploy. This method started off in relatively slow motion and speeded up as the trainee gained proficiency.

Two-sided training was implemented almost like his one-sided training except that now, the attacker did not allow his attack to be countered, or he transitioned to another ploy. This occurred first at slower speeds to allow both trainees to receive training in feeling their way through their ploys and figuring out how to transition from a blown ploy to a successful one. As their skills progressed, not only did the action speed up, but eventually, the attacker would be allowed to

select his own attack from either a set arsenal or his entire arsenal of ploys.

Once a trainee had progressed from one-sided training completely through his two-sided training, he was finally ready for free fighting. At this stage, Spiridonov believed that his student would have learned enough to "go with the flow" in a fight, and still be able to adapt to changing situations to end the fight through his skill and tactics.

This should be a simple concept for us Yankees except that we only find it written in Russian which means that it might as well be written in code. We need some kindly translator, but not all translators are equal, and there are many times when the picture is not worth a 1,000 words in any language, so we stumble along with what is available to us in English for SAMBO reference material.

## Upcoming 2009 Events:

- **May 2-3, 2009 (tentative dates).**  
Sambo seminar with ASA president and NY Combat Sambo Coach Stephen Koepfer in **San Antonio, Texas**. This date has yet to be confirmed, but please contact us if you are interested:  
[Americansamboassociation@att.net](mailto:Americansamboassociation@att.net)
- **June, 2009 (first or second week).**  
The **2009 Sambo Summit Training Camp** in **Tortola, British Virgin Islands**. This will be a five day camp with daily training and recreational activities. Coaches will include Aaron Fields, Dayn DeRose, Gregg Humphreys, and Stephen Koepfer. Many thanks to our ASA member Mike Pringle who will be assisting us with planning this camp! Dates are still being finalized, but please contact us if you are interested in registering:  
[Americansamboassociation@att.net](mailto:Americansamboassociation@att.net)  
*ASA Sponsored Event*

- **July 1-5, 2009**  
**Ultimate Camp 2009. Ohio.** This 5 day camp is the next incarnation of the famed annual Ohio Judo camp. This year, Judo, Sambo, BJJ, and other martial arts will be covered. Many noted coaches will be instructing at this camp including, but definitely not limited to, Mark Tripp, Chris Herzog, Stephen Koepfer, Mark Hunter, and Steven Velasquez. Contact the ASA for more registration information.  
[Americansamboassociation@att.net](mailto:Americansamboassociation@att.net)
- **September, 2009 (date/location pending)**  
**2009 Sambo Summit Training Camp**  
*ASA Sponsored Event*
- **October, 2009 (date pending)**  
6<sup>th</sup> Annual North American Freestyle Sambo Championships. Rahway, New Jersey.  
Contact [americansamboassociation@att.net](mailto:americansamboassociation@att.net) for more information