

Newsletter of the American Sambo Association. Volume 6, Number 5&6. May/June, 2008

Summer Double Issue!

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A Word from the President:

Greetings everyone,

This issue is jam packed with news, information and events! The second half of this year will provide numerous opportunities for Sambo training and competition. I am very happy to see that Sambo continues to grow!

Along these lines, Sambo enthusiasts around the world are certainly looking forward to Fedor Emilianenko's long awaited return to top tier MMA in his July 19th bout against 5 time UFC Heavyweight Champ Tim Sylvia. This bout will be aired on July 19th, live on PPV, in the new "Affliction" card entitled "Banned". I had the pleasure of attending the Affliction press conference in NYC a few weeks ago on behalf of Bullshido.com and the ASA. Be sure to check out the press conference videos linked in this issue.

In this issue we also have the second installment of Scott Anderson's piece on one of Sambo's great coaches: Chumakov.

So, mark your calendars everyone! There is lots of Sambo to train and watch before the end of 2008!

Sincerely,
Stephen Koepfer
ASA President

Sambo and ASA News:

- **Pioneer of American Sambo Award Nominations – Get them in folks!**

In 2006 the American Sambo Association launched the annual *Pioneers of American Sambo* award to be given at the annual North American Freestyle Sambo Championships. This award is intended to recognize individuals who have made great strides towards supporting Sambo in the United States. In 2006 three awards were given to mirror our first three years of existence as an Association. Subsequently, we will give one award annually.

Nominations for this annual award are based on any one (or combination) of the following possible criteria:

1. Competition History
2. Promotion of Sambo in the US
3. Literature contributions

4. Popularization of Sambo in the US
5. Character attributes that represent the best of our sport
6. Notable achievements in US Sambo
7. Any other honorable contributions you may feel appropriate

**Winners need not be members of the American Sambo Association.*

We are now accepting nominations for the 2008 American Sambo Association Pioneers of American Sambo Award.

The award process takes place as follows:

The ASA will receive nominations through July 2008. Once nominations are received, the ASA Board will review/compile submitted nominations and create a ballot to be overseen by the ASA Election Chair, Aaron Fields. The ballot will be distributed to all current ASA members in August, 2008 for voting. While anyone may submit a nomination, **only current ASA members will be eligible to vote in the Award election.**

Nominations **MUST INCLUDE** the following information to be accepted for review:

- 1) Name of nominee
- 2) Address, phone, and e-mail of nominee (to the best of your ability). If the nomination is posthumous, contact information for the person who may accept the award on the recipient's behalf must be provided.
- 3) A clearly written document outlining the nominee's history in Sambo and their contributions to the sport's growth in the United States.
- 4) Name, address, phone, and e-mail of the person submitting the nomination.

The 2008 winner will be presented his/her award at the 2008 North American Freestyle Sambo Championships on October 5th and will be honored on the awards page of our website.

Please submit nominations by mail or to the e-mail address below.

American Sambo Association
 PO Box 5773
 Long Island City, New York 11105
 Attn: Election Chair
americansamboassociation@att.net

- 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!!

AMERICAN SAMBO ASSOCIATION STORMS GRAPPLERS QUEST ON JUNE 28TH!

America's Top Level Sambo Players will be entering the Men's Advanced and Pro Divisions on Saturday, June 28th in Morristown, New Jersey. This marks the first full AMERICAN SAMBO team to enter Grapplers Quest.

I was contacted by Brian Cimins and asked if I would enter Team American Sambo in the advanced or Pro no-gi divisions on the 28th at the GQ US Nationals. In both mine and Brian's opinions, wins for TAS in the advanced or Pro divisions tournament would make a significant statement for TAS; it would get guys more potential matches; etc. So we have agreed to do this.

In addition, Grappler's Quest/ProElite will sponsor each TAS team member up to \$150 for registration fees...which allows us to allocate our Lockflow sponsorship to team travel costs, etc. Furthermore, TAS winners would be eligible for

the All Star Grappling Challenge in the evening after the main tournament. Brian has also agreed to cover/promote our team's results (if we win) on the GQ website.

TAS at this event will consist of:

140-149.9 lbs. **Reilly Bodycomb** (New York Combat Sambo, NYC)

150-159.9 lbs. **Scott Yockel** (Empire Academy, Rochester, NY)

160-169.9 lbs. **Ryan Ahearn** (Ultimate Sambo, Florida, NY)

170-179.9 lbs. **Mike Franco** (Brooklyn Wrestling Club, NYC)

180-189.9 lbs. **Rodney Rappe** (Liberty Bell Judo/Sambo, Philly, PA)

190-199.9 lbs. **Oleg Savitsky** (Red Bear Sambo Academy, NJ)

200 + lbs. **Doug Fournet** (Gladiator Academy, Baton Rouge, LA)

PRO DIVISION

210 lbs. and over **Brian Benjamin** (Ultimate Sambo, Florida, NY)

210 lbs. and over **Carlos Cummings** (Cummings Combat Sambo, Panama City, Florida)

Be sure to check out Inside Martial Arts' coverage of TAS at www.insidemartialarts.tv Episode 19

Check out our team page here:

www.ussambo.com/team_american.html

- **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):

www.youtube.com/watch?v=U35qeumRiCA

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

www.youtube.com/watch?v=GHBN9Pt3OKo

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: Lincoln City, Oregon!**

The **2008 Sambo Summit Training Camp** is a three day live in camp with room and board included. This year the camp will be held in Lincoln City, Oregon. It will be held from September 12-14. The rate for this camp is \$450 USD.

Last year's camp was a blast and I encourage everyone to come out if they can. But, we have a limit of 40 participants. You need not be experienced to attend camp.

This year the camp coaching staff includes:

Dayn DeRose

Head Coach of South Mountain Martial Arts in Madison, New Jersey. Dayn has been a fixture in the US Judo and Sambo community for over 30 years. He is an Honorable Master of Sport in Sambo and has coached and trained numerous students to notable wins in Sambo and Combat Sambo. Dayn was a founding member of the American Sambo Academy and American Amateur Sambo Federation. He is a Professional Member of the American Sambo Association. In addition to Sambo, Dayn is an instructor of several other martial arts and is one of America's leading fencing coaches.

Aaron Fields

Aaron Fields makes his living as a firefighter. He is an independent scholar specializing in Mongolian history and has made several visits to live and train wrestling/Sambo in Mongolia. Aaron holds a teacher's grade in Ju-Jitsu, a dan grade in Judo, has considerable experience in Sambo and Mongolian folk wrestling, and has coached high school wrestling. Aaron is the chief instructor at Seattle Ju-Jitsu Club/Sea Town Sambo Club and is the West Coast Vice President of the American Sambo Association.

Gregg Humphreys

Gregg Humphreys is a long time Judoka and Sambist. He has travelled to Russia for Sambo training bi-annually since 1987 and is considered one of the most skilled and knowledgeable American Sambo coaches. He currently is the Judo and Sambo coach at Miletich Fighting Systems in Bettendorf, Iowa and is the Midwest Vice President of the American Sambo Association. Additionally, Gregg is the North American representative for Igor Kurinnoy's Sambo for Professionals.

Stephen Koepfer

Stephen is the head coach of New York Combat Sambo, Head Coach of Team American Sambo, and the President of the American Sambo Association. He has coached his NYCS team to wins in national and international Sport & Freestyle Sambo, Submission Grappling,

Combat Sambo, and Mixed Martial Arts. Stephen is a regular contributor to Ultimate Grappling Magazine and associate producer of Inside Martial Arts/Fight Fix.

Camp registration forms can be downloaded here:

ussambo.com/upcoming_events.html

- **Fedor Returns in Affliction: Banned!**

Here are exclusive videos of the Affliction NYC press conference.

Part 1:

www.youtube.com/watch?v=jkNc4eK5KSsw

Part 2:

www.youtube.com/watch?v=pGBf5FrPDQ8

Part 3:

www.youtube.com/watch?v=2coxUps0Kbg

Visit our youtube page at:

www.youtube.com/ussambo

- **Canadian Combat and Freestyle Sambo Open Results:**

2008 Canadian Freestyle Sambo Open:

66kg (two man division):

Gold: Mike Chesbro, Remix Dojo

Silver: Vincent Beurrier, NY Combat Sambo

This was an epic best of three match-up. Vincent won the first 4-0. Mike won the second 5-4. The third was 0-0 at the end of 6 minutes and they went a whopping 7:30 in overtime until the first point was scored...a 3 point shoot by Mike. These guys grappled their hearts out and had everyone on the edge of their seats. The 3rd match went a total of 13:30!!

74kg (5 man division):

Gold: Reilly Bodycomb, NY Combat Sambo

Silver: Alex Bezouglov, Club Kozak

Bronze: Aslin Pierre, Club Kozak

Reilly Bodycomb defeated Aslin Pierre in the first round via toe hold at 4:00 and Alex Bezouglov in the final via toe hold at 2:00

Alex Bezouglov defeated Keith Ryan Belen in the first round at 4:00 with a RNC. This was a great action packed match leading up to the

RNC...much back and forth. In the second round he defeated Fredric (who had the buy to the semis) via Guillotine at 40 seconds. He lost to Reilly in the final.

Aslin defeated Keith in the second elim with a score of 4-3. Another great back and forth match. Then he defeated Fredric via a sweet gi choke from scarf at 5:50 for the bronze.

+96kg (5 man division)

Gold: Maxim Sedykh, NY Combat Sambo

Silver: Alexius Phoenix, NY Combat Sambo

Bronze: Mike Martelle, Grizzly Gym

Max received a buy to the semis as he was fighting up in weight. He defeated Mike Martelle in the semis with a 3-0 score and a sweet podvhat! He defeated Alexius in the finals 3-2.

Alexius defeated Daniel Oovaut (Kozak) in the first round with an arm triangle at 2:30. He lost to Max in the final.

Mike Martelle defeated Marty Framsham at 2:10 via shoulder lock in the quarter finals, lost to Max in the semis, and defeated Marty again for 3rd place via arm lock at 1:45.

Marty Fransham defeated Daniel Oovaut in the second elim with an arm bar at 1:30. He lost to Martelle in the match for 3rd place.

2008 Canadian Combat Sambo Open

Every fight ended via sub or TKO. Lots of blood folks...I really got a chance to use my first aid skills!

82kg (two man division)

Gold: Gilberto Luis Castillo, Remix Dojo

Silver: Keith Ryan-Belen, NY Combat Sambo

Since there were only two in this division, we decided to do a two round fight. These guys stood and banged with each other!! Gil finally got top position and won via TKO due to G&P strikes at 3:15 of round one. No second round.

74kg (4 man division)

Gold: Alex Bezouglov, Club Kozak

Silver: Aslin Pierre, Club Kozak

Bronze: Charles Reina, Remix Dojo

In the first round Aslin Pierre defeats Charles Reina via TKO at 4:30 and Alex Bezouglov defeats Frederic Rioux via TKO at 1:54. For the final Alex defeated Aslin via Guillotine at 32 seconds. Charles and Frederic could not fight for 3rd due to their TKO losses. 3rd was awarded to Charles due to his better performance in the first round.

+90kg (3 man division)

Gold: Marty Fransham, Club Kozak

Silver: Mike Martelle, Grizzly Gym

Bronze: Daniel Oovaut, Club Kozak

Intended to be round robin (if no TKO or KO's were scored), Marty defeated Mike via TKO at 1:40. Marty defeated Daniel via TKO at 30 seconds.

ASA Member News:

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

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

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

May 20, 2008 – HCX Triumphs at Pankration World Cup.

On April 12th 2008, 10 members of HCX Mixed Martial Arts competed at the Pankration World cup held in Greenbay, Wi. Team HCX brought home a staggering 11 medals for ten competitors. From those 11 medals, HCX brought home 6 gold medals, 2 silver, and 3 bronze, making them the highest scoring team that attended. The team lead by Coaches Ron and James Hill, and their partner Brian Thompson, also had two members represent Team USA in the finals.

Every fighter placed and made a tremendous showing. Team HCX is now preparing to travel to France and Belgium later this year to show

their stuff on an international level. Look for more news as Team HCX invades Pankration competition.

List of team members:

Laura Edler-Hill (Team USA),
Jimmy Bullock (Team USA),
Ray Bohm (Team USA alternate),
Brian Ferenchick,
Corrado Venzon,
Griffin Kordik,
Dave Cawell,
Angel Santana,
Jeremy Turner,
Will Liptak.

• **NY Combat Sambo: New York, NY.**

April, 2008 – Sean Fitzgerald wins the ISCF Amateur Welterweight Belt at the 2008 ISCF World MMA Classic! Sean made a great showing and represented NYCS and Sambo very well! Check out the highlights here:

www.youtube.com/watch?v=mTDc0FzatJ0

May 17, 2008 – Reilly Bodycomb of NYCS wins his San Da debut at the Jim Graffe Memorial Tournament in Rochester, New York.

Check out the vid here:

www.youtube.com/watch?v=BqybfMJL-o

Visit our youtube page at:

www.youtube.com/ussambo

• **Carlos Cummings: Panama City, Florida.**

April 21, 2008 - Carlos Cummings, martial arts instructor and owner of Cummings Combat Sambo, puts Staff Sgt. Michael Blount, 325th Security Forces Squadron patrolman, into a combative move at the fitness center here Friday. Mr. Cummings was on base to teach patrolmen from the 325th SFS a self-defense course designed to teach combatives and other techniques to help them with both home station and deployed missions. (U.S. Air Force photo/Staff Sgt. Timothy R. Capling)

From:

www.aetc.af.mil/news/story.asp?id=123095060

Photo of the Month



Stephen Koepfer and Fedor Emilianenko at the Affliction Banned NYC Press Conference.

Chumakov's Tactical Innovations for Sambo: Part 2

*By Scott Anderson (edited by Stephen Koepfer)
Continued from April's Issue of the ASA newsletter:*

Constantly harder training sessions were boring, physically and mentally draining. Chumakov decided that interested and challenged wrestlers netted the most from his training process because they would be mentally as well as physically engaged. Thus, Chumakov had to instill the same interest and curiosity in his students that he had experienced under Kharlampiev's training. In between the two extremes he formulated games that were actually situational wrestling drills:

- 30 seconds left in the national finals, and you are down by 2 points with a very defensive partner,
- 15 seconds left in a match that you must win, but you are in a hold down, and if the opponent holds it for 10 seconds, you will lose on points,
- both wrestlers are wrestling from standing, but only one leg of each wrestler can touch the mat at a time,
- wrestle under Greco-Roman rules, wrestle without a jacket, wrestle under *kuresh* rules, etc.

These drills let the trainer prescribe “games” to remedy specific short falls in the program either for the whole section or for individual wrestlers.

Chumakov felt that it was time to re-examine the rules of thumb that other Sambo trainers applied to their training and tactics. One of the “facts” of the day was that if a strong Sambist gripped your belt, then you were at his mercy. Chumakov’s team was not cherry picked, so this was a tactical problem. Would his team be able to prevent stronger opponents from securing a grip, and if not, how could his Sambists best apply their resources? In answer, his section in team competition used their tactics to throw and submit the stronger teams around them.

How could this happen? Against belt gripping, Chumakov decided that it was a waste of effort to block any attempts by stronger skilled Sambists because they would probably get their grips any way. Instead, he decided to turn an opponent’s tried and true tactics against him, so that his good solid wrestling was his undoing. Thus, his Sambists allowed themselves to be gripped, so that they could throw their opponents.

Look at these examples that Chumakov provided in his book on tactics: “Tactics for the Sambo-Wrestler” to counter an opponent once the opponent grips the Sambist’s belt:



Figures 15a and 15b:
Throw by gripping the legs against a belt grip.

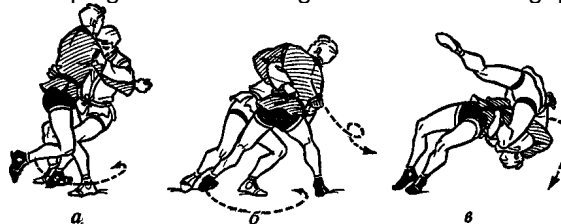


Figures 26a and 26b:
Front stepping throw against a belt grip.

It is possible to carry out maneuvering, so that when the opponent steps back, the Sambist can pivot on his leg that is not to be attacked. This way the defender’s back is to his opponent and he can step under the attacking leg (Figures 26a and 26b). The Sambist can execute the front stepping throw when the opponent closes for gripping.

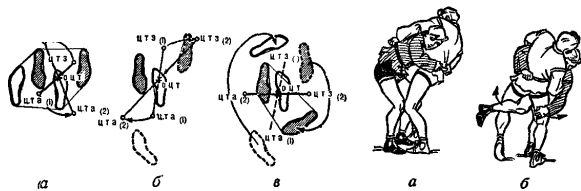


Figures 32a, 32b, & 32c:
Bumping the knee out against a lateral belt grip.



Puc. 84

Figure 84a to 84c:
The spinning throw over the chest
against a belt grip.

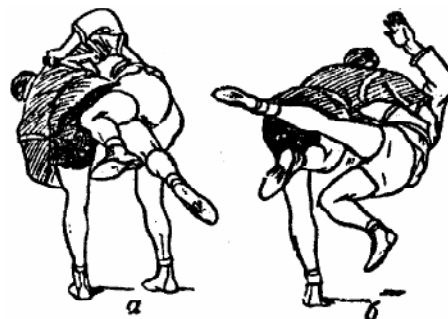


Figures 88a –c and 89a-b:
Inside hooking throw
with a leg gripped against a belt grip.

Chumakov did not invent any ploys that Kharlampiev had not provided him, but he did use tactics differently. He believed that a tactical plan was a frank and informed assessment built by a trainer and wrestler. The goal was to set up the best opportunities for a wrestler to win both his match and his tournament while limiting any opponent in using his own tactical plan. A situation is always fluid because tactics must adapt to each opponent and the opponent's subsequent adaptations within a match.

Chumakov taught his students that orthodox techniques and tactics are valid, but they must be constantly challenged to ensure their validity as rules change, opponents show different styles, or other match conditions vary. Validated techniques and tactics often trump accepted, but unquestioned, orthodox tactics.

Per Oshchepkov's teachings, many believed that if an opponent gripped your leg he could readily unbalance and throw you with the trapped leg, so the highest priority was placed on freeing a trapped leg. Chumakov viewed this situation as a tactic: as an attaching point leading to a throw of an over confident and under prepared opponent. The grabbed leg becomes the attacking leg for the inside sweeping throw, scissors, or other leg fencing tactics that could be applied as offense instead of defense. This flexibility was his homage to Sambo's founders.



Figures 88a and 88b
Inside sweeping hip throw from Kharlampiev's
"Tactics of SAMBO-Wrestling".

Chumakov's best advice was to understand the rules because rules dictate what you can and cannot do. There is an anecdote that David Rudman went to Chumakov for advice as he prepared for his first European Judo championship. Rudman wanted to know what he should do, but Chumakov asked him if he read and understood the rules. Rudman found a proper translation of the rules, and realized that much of what he did best in Sambo would serve him well in the tournament. Thus, he went and wrestled Sambo to Judo rules and won the championship.

To be fair, there is another anecdote that several Georgians were drafted to be judoka, and never saw the rules, and still had a good showing at the same event. Similar styles breed similar tactics. Chumakov could always see the bigger picture, so that he could change paradigms as needed to switch from a style based on pulling to one based on pushing; or to realize that letting his opponent dictate certain segments of a match led to a predictable opponent who could be undone by unexpected consequences to what should be solid wrestling. The better prepared wrestler adapts to win in the most challenging of situations.

This is the Sambo of transitions theorized by Spiridonov where fluid actions lead from correct or corrected ploys to finishing ploys; where the Sambist's skills allow him to adapt his training to the evolving world around him. A ploy is used to achieve the end game. But, the tactic, with a view toward the end game, is the mechanism that opens the door for the ploy to be used.

This line of transitions stretches well into the last century and proceeds forward. Spiridonov and Oshchepkov took the material of those before them to develop the techniques best suited to their needs. The next generations, Kharlampiev and Chumakov, refined the tactics that increased the probability of success for those techniques. Now, we are in the middle of a new paradigm shift on what is “good” and “bad” Sambo. The contemporary trainer will be one who can make today’s “good” Sambo a tactical mistake to be exploited.

Upcoming 2008 Events:

- **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. For registration information or contact: skoepfer@nyc.rr.com
- **October 5, 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 8 team no-gi, submission or

draw team tournament. For more information please visit www.ussambo.com

- **October 24-26 , 2008.** Orlando, Florida. **The Ultimate Sambo Open moves to Disney!** Sport and Combat Sambo sambo and competition will be hosted at this year’s Disney Martial Arts Festival! Medalists in Combat Sambo will earn points towards ASA national Combat Sambo rankings. Contact ykoulikov@optonline.net or www.disneymartialartsfestival.com for more information