



Newsletter of the American Sambo Association. Vol. 9, No. 1. January - February, 2011

CONTENTS

- 1) President's remarks
- 2) ASA International Winning Streak
- 3) Pic or it Didn't Happen
- 4) Upcoming ASA Tournaments
- 5) Upcoming ASA Seminars
- 6) New ASA Sambo Instructionals!
- 7) Support the Coalition to Legalize Mixed Martial Arts in New York
- 8) ASA Training trip to Spartak OTC, Ukraine
- 9) Sambo in the Press.

A Word from the President

Greetings everyone,

2011 marks the beginning of what I feel will be one of the most productive decades for Sambo's growth in the United States.

The ASA is spreading its wings like never before. Our reach is expanding not only in the world of international Sambo, as you will see in this issue, but also into the worlds of grappling and mixed martial arts.

This is already starting out to be a great year for American Sambo. I can't wait to see what we are wrapping up in our December issue!

Be well and see you all on the mat!

Sincerely,
Stephen Koepfer, ASA President

The ASA Continues its International Winning Streak at the Dutch Open:

March 18, 2011, Holland - The American Sambo Association's competition team continues its international winning streak at the 21st Annual Dutch Open Sambo Championships (FIAS sanctioned).

As you may recall in 2010, Anthony Sansonetti (Team Renegade) brought home gold and silver medals along with Doug Fournet (LA Boxing Louisiana) who also brought home gold for Team American Sambo from the British Open Sambo Championships.

This year at the Dutch Open, Team American Sambo consisted of 2008 world team member

Reilly Bodycomb (RDojo), 2008 world team member Mike Ruesch (Zealous Nation MMA/Ultimate Sambo) as well as 2010 team members Sansonetti and Fournet.

The American Sambo Association is proud to announce that Team American Sambo will be returning home to the United States with 4 medals (3 gold and 1 silver).

Team Results:

Reilly Bodycomb, Gold, 68kg

Reilly had four wins on his way to the podium, winning with 2 ankle locks (one in 12 seconds), a flying armbar, and one win via points.

Mike Ruesch, Gold, 81kg

Mike had three victories on his way to gold, winning with 2 ankle locks and a kneebar.

Doug Fournet and Anthony Sansonetti both contested in the 100kg division, sweeping the top two spots. Doug and Anthony both had three wins on route to the podium before facing each other for gold and silver. Doug defeated his opponents via kneebar, technical victory (12-0) and points. Anthony had wins by reverse armlock, kneebar, and points. In the finals Doug defeated Anthony by a score of 4-0 for the gold.

By all accounts the Dutch open was an incredibly well organized and attended event with teams from Scotland, Germany, Holland, Lithuania, Ukraine, United States, France, and more. The entire US Team received incredible hospitality from our Dutch hosts. We look forward to next year's event!

Pic or it Didn't Happen



February, 2011. Fedor trains at New York Combat Sambo prior to his Strikeforce Grand Prix Bout.



March, 2011. TUF fighter Frank "The Tank" Lester training at ASA member club Cummings Combat Sambo in Panama City, Florida prior to his Strikeforce bout.



February, 2011. Yuri Trufanov, FIAS Executive Committee member (2nd from left), meets with members of the US Sambo community to discuss the state and direction of Sambo in the United States.

Ok folks, this is a video, not a pic – but it did happen! It is also from November, 2010. But, it is still worth noting as the video went viral and we did not have a chance to put it our last newsletter of 2010. Here is the one punch KO by Ben Syers over Bob Ascolillo at Evolution MMA. Ben trains out of ASA member club **Team Renegade** under International Sambo Gold medalist Anthony Sansonetti.

[Evolution AMMA - Ben Syers Vs. Bob Ascolillo - 1 PUNCH KO - REF GETS MOUNTED](#)

Upcoming Freestyle Sambo Tournaments

The ASA is proud to announce that in 2011 we are beginning to offer more regional Freestyle Sambo Tournaments. Last year we expanded our horizons and left the New York area, holding our annual Championships in Austin, Texas.

We continue that trend in 2011 with the following events:

July 24-24, 2011 – South Carolina Freestyle Sambo Open, ISWA Grappling Tournament, and Sambo Seminar. Contact Boyd Ritchie or Dwight Decker at Black Force MMA for more information: www.blackforcemma.com

August 6, 2011 – Texas Freestyle Sambo Open & Grappling Tournament. Contact Grant or Marie Gilliam at Eclectic Combat Systems for more information: www.ecsmma.com

Upcoming 2011 Sambo Seminars

March 26. Tennessee State University.

Sambo for MMA Seminar with Carlos Cummings of Cummings Combat Sambo.

Contact: bonafydemma@gmail.com or (617) 975-7854

Location: Ralph H. Boston Wellness Center

Cost: \$40

Time: 10am – 3pm

Will cover: Grappling, takedowns, submissions, conditioning

April 9. Dothan, Alabama

Sambo Seminar with ASA member Carlos Cummings

Contact: Aaron Cornett: 912-309-0554

Location: Dothan BJJ/Sambo. 131 S Woodburn Drive. Suite 101. Dothan, 36305

Cost: \$40

Time: 10am - Noon

April 16. North Branford, CT

Sambo for grappling Seminar with Stephen Koepfer at the Aiki Academy of Self Defense.

This seminar will cover Transitions from throw to submission (no-gi).

Location & Contact: www.aikiacademy.com

Time: 12:30 – 2:30PM.

Cost: \$65

May 7. Mobile, Alabama

Sambo Grappling Seminar with ASA member Carlos Cummings

Contact: Jimmy Mills: 251-470.0903

Location: Port City MMA. 2502 Schillinger Rd S, Suite 7. Mobile, Alabama, 36695

Cost: \$40

Time: Noon - 3pm

May 14. Valdosta, Georgia

Sambo Grappling Seminar with ASA member Carlos Cummings
Contact: Mike Kirkland: 229-834-8446
Location: Lake Park MMA. 102 Essa ST. Lake Park, Georgia, 31636
Cost: \$60
Time: 10am - 3pm

July 23. South Carolina

Sambo Seminar with Stephen Koepfer (part of the South Carolina Sambo & Grappling tournament weekend)
Contact: Contact Boyd Ritchie or Dwight Decker at Black Force MMA for more information: www.blackforcemma.com

featured on the Travel Channel program "Dhani Tackles the Globe."

Stephen walks you through the following:

- Grips often utilized in Sambo competitions.
- Four High percentage takedowns/throws stemming from the grip.
- Eight EFFECTIVE and PRACTICAL submissions from the takedowns/throws
- Many techniques contain LIVE examples from Sambo COMPETITIONS.
- Replays of each technique shown from multiple angles in slow motion.

Whether you are a Sambo practitioner, Catch Wrestler, Judoka or Brazilian Jiu Jitsu player, this series will help you EXPAND YOUR REPERTOIRE and take your skills to the next level!

Bring home **one of the most unique online instructional series you will ever own** – instantly – with Digitsu’s online streaming video technology.

New Sambo Instructionals

[Digitsu presents “Sambo: Grip to Sub” with NY Combat Sambo head coach Stephen Koepfer](#)



[Click here for a recent review of Grip to Sub](#)

Visit www.digitsu.com to purchase this revolutionary series. **For a limited time only, readers of this newsletter will receive a 15% discount on their purchase! Use the ASA promo code: GTSeb14: (case sensitive)**

Your instructor and renowned authority on Sambo, Stephen Koepfer, is the head coach of New York Combat Sambo. He has achieved the high honor of Master of Sport of Russia (Combat Sambo) and taught students at the Suvorov Military Academy and the FKE in St. Petersburg, Russia. Stephen served as US team coach at the 70th Anniversary World Sambo Championships in 2008 and most recently was

**“Dynamic Entries!” With Team
American Sambo member Reilly
Bodycomb**

This instructional DVD will show you some of the advanced flying and rolling attacks from the COMBAT SAMBO hand to hand fighting system that can be used in competitive Mixed Martial Arts. Also covered are dynamic submission counters to kicks, re-counters against your opponent’s attacks, as well as succinct and detailed lessons on leg locks and leg lock defenses. Join Reilly Bodycomb to learn these exciting, crowd pleasing, and extremely effective techniques to finish fights in the blink of an eye!

For a limited time, purchase this DVD and receive 10% of an American Sambo Association membership!

To purchase DYNAMIC ENTRIES, visit www.budovideos.com

**Sambo and Catch Wrestling Seminar
with Stephen Koepfer and Kris
Iatskevich**

This hot selling DVD is almost sold out! This 3 DVD set was filmed during the joint ASA/ISWA training camp in Montreal, Canada.

Disc one covers CATCH Wrestling with Coach Kris Iatskevich.

Disc two covers SAMBO with Master of Sport Stephen Koepfer.

Disc three highlights Koepfer and Iatskevich cross-training and comparative techniques.

The entire series offers over 80 different techniques, throws, counters, etc.

To Purchase, please visit www.budovideos.com

**Support the “Coalition to
Legalize Mixed Martial
Arts in New York”**



The **Coalition to Legalize Mixed Martial Arts in New York** is a non-partisan group of organizations, gyms, business owners, and individuals who volunteer to support the legalization and regulation of mixed martial arts in the state of New York.

For information about how you can help us, contact Stephen Koepfer at 718-728-8054 or e-mail NYMMANOW@gmail.com

Visit the coalition blog at: <http://nymmanow.blogspot.com> or our facebook group!

ASA International Training Camp at Spartak Olympic Training Center, Alushta, Ukraine with Igor Kurinnoy

The camp will be conducted by Igor Kurinnoy, 3 time World Sambo Champion, 5 time Sambo World Cup Champion, Silver Medalist in the Sumo World Championships, and an International Judo Champion. He is the Director of the Borec Sport Schools and creator of the Sambo for Professionals series.

This is an intensive camp, you should be in good shape prior to the camp. There will be at least two technical sessions per day in addition to strength and conditioning sessions. There will be a program specific for coaches as well. Prior Sambo training is not required but you should have a good base in some type of grappling (judo, jiu-jitsu, wrestling, etc). One day will be devoted to sightseeing.

Date: June 9-19, 2011

Where: Spartak Olympic Training Center, Alushta, Ukraine (located on the Black Sea).

Cost: \$2875. Airfare not included. What is included is training, lodging, food and sightseeing. The camp is limited to 15 participants and 5 spots are already taken.

American Sambo Association members will receive a 15% discount and preferential selection (total price not including airfare \$2444).

For more information contact:

ASA Vice President, Gregg Humphreys

email: samboforprofessionals@yahoo.com

mobile:563.343.3508

ASA and Sambo News

March 13, 2011 – Colorado ASA member club **FusBoxe MMA** celebrates the MMA debut and victory of **Shannon Culpepper** over Margret Bloom. Shannon proudly wore her kurtka into the ring! Read more about Shannon at [Colorado MMA](#)



March 10, 2011 – ASA members **Reilly Bodycomb** and **Anthony Sansonetti** make [US Combat Sports "Best of 2010" list!](#) Reilly was awarded best grappler for 2010 in the mid-Atlantic region. Anthony was best coach!

March 10, 2011 - America's first Sambo coach, **Boris Timoshin**, has returned to action training at Manhattan's **New York Combat Sambo**. The SAMBO practitioner, who fled from the Soviet Union to the United States in the 1960's, is credited with being the first man in the country to train athletes in the Russian sport. After

being out of the game for nearly four decades, Timoshin decided he wanted to compete again in the sport's Master's division. Watch the ASA produced short film about Boris' life at [US Combat Sports](#)

February 26, 2011 – Geric Hayes out of ASA Member club **Bonafyde MMA** defeats Josh Black by 2nd round KO at Subzero 8 in Little Rock, Arkansas.



February 10, 2011 – Fedor Emilianenko trains at NY Combat Sambo prior to Strikeforce bout. Read about it at [US Combat Sports](#)

February 4, 2011 – ASA President **Stephen Koepfer**, NY Combat Sambo members **Tyga Maclin** and **Brad Desir**, and Eddie Goldman appear on [NBC's "All Night with Joey Reynolds"](#)

January 23, 2011 - **Brad Desir** (now 5-2) on **New York Combat Sambo** won the 170lb belt for Onslaught Fights ([www.osfights.com](#)) in Winchester, Virginia. He fought Chris Frasier (5-2 prior to his fight) who gave Brad a hard fought 1st round. After a back and forth round, Brad came back in round 2 and scored a nice takedown off the cage into mount, into a sweet armbar to finish the fight at 1 minute of round 2.

