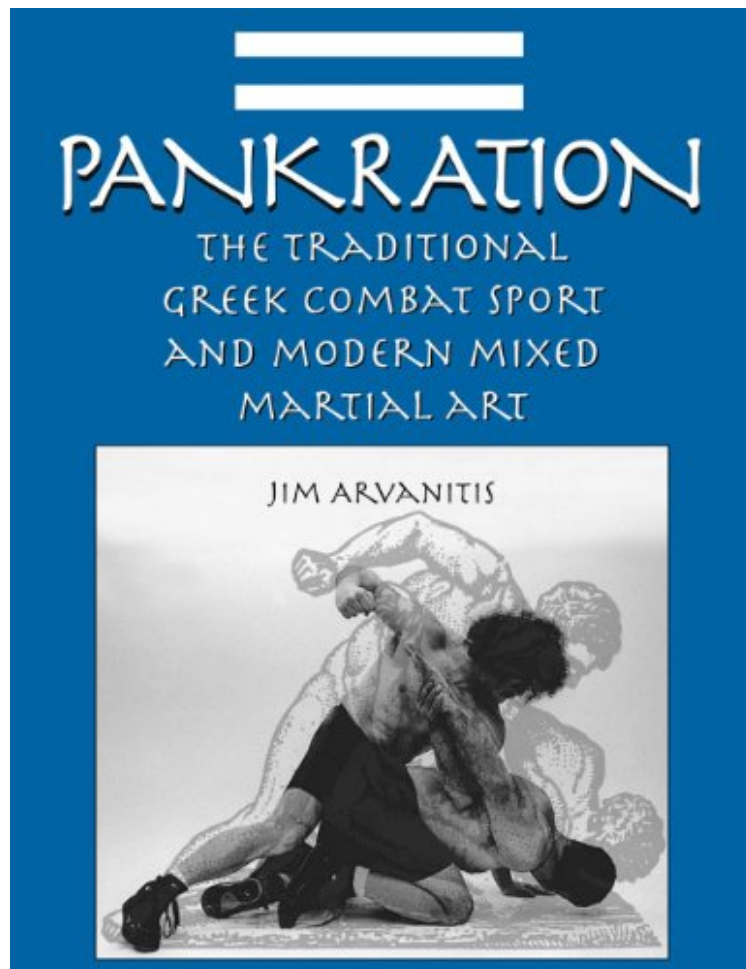


(Read now) Pankration: The Traditional Greek Combat Sport and Modern Mixed Martial Art

Pankration: The Traditional Greek Combat Sport and Modern Mixed Martial Art

Von Jim Arvanitis

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Von Jim Arvanitis : Pankration: The Traditional Greek Combat Sport and Modern Mixed Martial Art before purchasing it in order to gage whether or not it would be worth my time, and all praised Pankration: The Traditional Greek Combat Sport and Modern Mixed Martial Art:

KundenrezensionenHilfreichste Kundenrezensionen2 von 4 Kunden fanden die folgende Rezension hilfreich. Neuer Wein in alten SchluchenVon Wizard of LawsEin Typ der so aussieht als habe er nicht nur die Antike sondern auch die Steinzeit selbst miterlebt schreibt ber das Pankration. Z.T. Ganz interessant, aber auch langweilig, wenn die ur-griechischen" Techniken wie Jab, Cross und Low-Kick dem geneigten Leser erklrt werden. Wenigsten gibt er zu, sich das ganze System selbst ausgedacht zu haben...

Kurzbeschreibung Black Belt Magazine called Pankration "the most practical street combat form of the martial arts that I have ever seen". Throughout this fascinating and completely updated volume, Jim Arvanitis provides extensive insight into the facts and myths of pankration's early history (including its inclusion in the earliest Olympic Games), its techniques and strategies, and its impact on today's martial arts.

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Synopsis Massad Ayoob of Black Belt magazine called pankration "the most practical street combat form of the martial arts that I have ever seen." Now you can learn pankration from Jim Arvanitis, the world's leading authority on the legendary Western combat art and its modern descendant. Throughout this fascinating and completely updated volume, Arvanitis provides extensive insight into the facts and myths of pankration's early history (including its inclusion in the earliest Olympic Games), its techniques and strategies, and its impact on today's martial arts.

Numerous vase drawings and statues depict the combined striking and grappling skills of the trained combat athletes of classical Greece, and more than 450 photos demonstrate the modern application of what many believe is the world's first recognised fighting art. Also included are proven training methods, Spartan discipline secrets and strategic applications for personal defence, such as set-ups, combinations and countering moves.