

Theoretical section

BEGINNER	
What is SAMBO (definition and basic principle of SAMBO).	SAMBO (short for SAMozashchita Bez Oruzhiya – self-defense without weapons) is a universal combat sport that combines the most effective techniques from various types of wrestling and martial arts of the world. SAMBO incorporates various throws, punches, kicks, painful holds, choke holds, and hold downs. SAMBO's arsenal of self-defense techniques allows a well-trained SAMBO practitioner to defend against most forms of physical aggression. SAMBO is open to development, and new opportunities and techniques are being constantly generated by SAMBO specialists to improve it.
Hygienic requirements for practitioners, SAMBO uniform and footwear, SAMBO mat.	Maintaining proper hygiene during training and daily life helps a SAMBO practitioner maintain and improve his or her health. Health is the foundation of athletic performance. Skin must be kept clean and protected from injury and disease. After each training session, it is essential to wash with warm (30-40°C) water, a body scrubber, and soap. Ensure that the skin is free of abrasions, scratches, and splinters, which can introduce infection. Minor abrasions and scratches should be immediately treated with a disinfectant solution of potassium permanganate, followed by the application of streptocidal or synthomycin ointment. . Any minor pustular skin lesions should be treated with antiseptics. Furuncles and carbuncles require medical treatment. A SAMBO practitioner's hair must be kept neat and clean. A short haircut is recommended. Long hair interferes with the bout, is easily pulled out, and becomes more prone to dirt. Avoid applying ointments, gels, or other hair styling products before training sessions. Women may wear a tight headband in order to hide the hair. Nails should be trimmed short before class. Long nails can cause damage to your partner's skin or your own. Long nails break, which is very painful. During training, SAMBO uniform absorbs the practitioner's sweat, oil, and accumulates dust from the environment. All of this creates a breeding ground for microorganisms. Therefore, clothing should be washed and ironed. Shorts, underpants, socks, T-shirts, and bras should be washed at least once a week. Jackets should be washed at least once every two weeks. Foot deodorants and ammonia should be used to disinfect shoes. Wearing SAMBO shoes to the restroom is prohibited. Before entering the gym from the locker room and before stepping onto the mat, SAMBO practitioners must wipe their shoes on a carpet or damp cloth to clean the soles. To prevent the infection from spreading, practitioners with infectious or skin diseases are not allowed to train. The following requirements must be met when equipping and operating a SAMBO gym to prevent illness and injury: 1. Creating a normal microclimate (temperature, humidity, and a constant air composition). The air temperature in the gym should be maintained between 16-18° C. It is recommended to equip the gym with a supply and exhaust ventilation system integrated with air conditioning. In cold weather, the inflow air can be heated, and in warm (hot) weather, it can be cooled by air conditioning. 2. The mat cover, floor, and walls of the gym must be suitable for wet cleaning. It is advisable to clean the SAMBO mat after each training session, and the floor 1-2 times a day. The walls of a gym should be wiped down at least once every 1-2 months. Windows should be cleaned at least twice during the training year and before its start.

SAMBO uniform, wearing rules, belt tying rules.

SAMBO uniform: SAMBO jacket, SAMBO shoes, Sport SAMBO shorts. Female participants shall wear a white shirt (shirts with images and inscriptions on, as well as dirty, torn shirts and shirts with stretched collar are not allowed!)

The SAMBO jacket of red and blue color of special cut, and the belt shall be made of cotton fabric.

The jacket sleeve shall cover the arm up to the hand, the width of the sleeve shall make the clear space not less than 10 cm in between the arm and the sleeve along its length.

The belt should be located along the waistline of the athlete, where it is threaded through special slots, twice and tightly embrace the body and tied in front by the knot, fastening together its both ends.

The laps of the jacket shall be 25-30 cm lower than the waist line, while the length of the ends of the tied belt shall not exceed the length of the jacket's lap.

SAMBO shoes of red, blue or combined (red-blue) colors are made of soft fabrics.

SAMBO shorts shall be made from red and blue synthetic knitwear (the color is plain, without additional applications). The top of the shorts shall run to the belt line, and the bottom should cover the top half of the thigh.

It is forbidden to wear any rigid items during a bout.

It is allowed to use bandages and tapes to protect the joints (the bandages and tapes on the knee joint, must be covered with a bandage or elastic kneepad in the color of the uniform (red or blue)).

It is forbidden to wear clothes (underpants, socks, sleeves of T-shirts for women) that protrude over the uniform edges. Contestants shall attend the opening and closing parades and award ceremony in their red SAMBO uniforms.



