

Theory Section _ White Patch

	YEAR 1 WHITE PATCH
History of SAMBO	SAMBO is an abbreviation of the Russian phrase meaning "Self-Defense Without Weapons." It is a comprehensive martial art that combines techniques from sport wrestling, self-defense, and specialized combat methods. It is a truly unique sport: it originated in the USSR and, from the very beginning, was developed not merely as a sporting discipline but as an effective system of self-defense. How SAMBO Began The history of SAMBO began in the 1920s and 1930s. Three specialists were at the forefront of the creation and development of this martial art: Vasily Oshchepkov, Viktor Spiridonov, and Anatoly Kharlampiev. Their work laid the foundation for the SAMBO we know today. November 16, 1938 The All-Union Committee on Physical Culture and Sports issued the order "On the Development of Free Style Wrestling." This date is considered the official birthday of SAMBO. The name of the sport changed several times. The first USSR Individual Championship in 1939 was held in "free style wrestling," and the second, in 1940, in "freestyle wrestling." It was not until 1947 that the martial art received the name still used today: SAMBO wrestling.
Causes of Injuries	SAMBO is a contact sport, and sensible caution is just as important as technique. Specialists identify three main causes of injury. The first cause is the training environment. An uneven or overly thin mat, poorly secured mat sections, damaged equipment, or faulty training gear all increase the risk of injury. The mat should have the right degree of resilience: one that is too hard does not absorb the impact of a fall, while one that is too soft restricts movement. The indoor climate also matters: at low temperatures, muscles and ligaments lose elasticity; at excessively high temperatures, an athlete tires faster and coordinates movements less effectively. Even lighting plays a role: over time, both excessively bright and overly dim light reduce concentration. The second cause is a breach of rules or discipline during training. Successful and safe instruction rests on several simple principles: athletes must protect their partners, listen carefully to the coach, avoid attempting a technique that they have not yet learned properly, and attend the sessions in which the fundamentals are explained. Breaking any of these rules increases the risk of injury to both the athlete and the training partner. The third cause is insufficiently developed breakfall skills. SAMBO techniques are performed quickly and with force, so an

	athlete must know how to fall correctly. If proper falling has not become automatic, the athlete may fail to tuck and protect the body in time during a bout and may be injured. It is also important to undergo regular medical examinations. After an illness or a long break from training, the body is weaker and movement coordination is poorer, which also increases the risk of injury.
Injury Prevention	Following simple rules helps athletes stay healthy and improve their skills more quickly: • The training area must be in good condition, from the quality of the mat to the lighting in the gym. • When practicing techniques, partners must protect one another and follow the coach's instructions. • After falling on the mat, do not remain lying there: another pair may be training nearby. • Do not execute throws by driving the head into the mat. • Do not engage in ground fighting next to a pair working in a standing position. • Do not attempt complex techniques that require strength and good coordination when severely fatigued. • A warm-up is mandatory before the main part of a training session or a bout. • If a partner cannot control their force or becomes overly aggressive during a bout, ask the coach to change partners.
Breakfalls, Partner Safety, and Coach-Assisted Safety	SAMBO uses two closely related concepts. Breakfall skills are an athlete's ability to fall correctly and minimize the impact when contacting the mat. Partner safety means the actions taken by a partner during a throw to soften the fall and keep the opponent safe. The throwing athlete directs the partner from the center toward the edge of the mat, does not perform a technique if the landing area is already occupied by another pair, and always monitors the surrounding area. If the opponent ends up in a dangerous position, the technique must be stopped immediately. A separate concept is coach-assisted safety: when athletes are learning difficult and risky throws, such as throws involving a risk of landing on the head, the coach or an assistant personally helps protect them. SAMBO has an entire school of falling: a strict, progressive sequence of exercises in which athletes learn to tuck the body and land correctly. Falls are classified by the part of the body that contacts the mat first (arms, legs, or torso), the direction of movement (forward, backward, or sideways), and the difficulty of execution. An important training principle: before learning a throw, an athlete first masters the corresponding fall. For example, the breakfall on the is practiced before learning a lateral (side) sweep, and the breakfall on the back before learning a throw with legs grip. Breakfall skills must be practiced to both sides, regardless of which side feels more natural to the athlete.

Structure of a SAMBO Warm-Up	Every training session begins with a warm-up: a set of exercises that prepares the body for the work ahead. A SAMBO warm-up consists of two parts. The general part includes walking, running, jumping, acrobatics, and general conditioning exercises. It increases circulation and breathing, warms the muscles, and improves joint mobility. The specific part prepares the athlete directly for work on the mat. It includes technique-simulation exercises, breakfall and partner-safety practice, and martial-art elements in game form. It primes the nervous system for the training session ahead. The total warm-up should last at least 25-30 minutes.
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