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SAMBO



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

Кафедра української та іноземних мов

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«САМБО»

методична розробка
з англійської мови

для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»

для студентів
денної та заочної форми навчання
за спеціальністю «фізична культура і спорт»

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У методичній розробці представлено тему “Спортивна спеціалізація” (*Самбо*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів спеціальності “фізична культура і спорт”, які навчаються за кредитно-модульного системою.

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Pre-text exercises

1. Read and learn the active vocabulary:

- beach sambo – пляжне самбо
- catch wrestling – кетч (*боротьба*)
- chokehold, *n* – прийом удушення
- combat sambo – бойове самбо
- elbow, *n* – удар ліктем
- grappling, *n* – обхват
- gripping, *n* – захват
- groin strike – удар в пах
- ground work – боротьба лежачи
- hand-to-hand combat – рукопашний бій
- headbutt, *n* – удар головою
- hold, *n* – утримання
- jacket, *n* – самбовка (*куртка*)
- kick, *n* – удар ногою
- knee, *n* – удар коліном
- leg lock – больовий прийом на ноги
- martial art – бойове мистецтво
- punch, *n* – удар кулаком
- restriction, *n* – обмеження, застереження
- shin, *n* – гомілка
- single combat – єдиноборство
- sport sambo – спортивне самбо
- striking, *n* – удар
- submission, *n* – больовий прийом
- throwing, *n* – кидок

2. Translate without using a dictionary:

original, synthesis, unique, system, physical, person, style, techniques, judo, types, uniform, traditions, effective, military, organization, modern, national, international, mixed, federation, spiritual, popular, variations, multiple, stylistically, wrestling, jacket.

3. Read and translate the text.

SAMBO

Sambo (*self-defense without weapons*) is a unique synthesis of single combat and martial arts of the world. It is an international sport. Sambo is the original system of physical and spiritual education of person, in which many nations of the world recognize their sporty styles and traditions.

The world of sports got to know of this unique martial art in the 20-30s of the past century. It was intended to be a merger of the most effective techniques of other martial arts to improve the hand-to-hand combat abilities.

Sport Sambo (*Sambo Wrestling*) is stylistically similar to old time catch wrestling and judo, but with some differences in rules, protocol, and uniform. More akin to catch wrestling, and in contrast with judo, sambo allows various types of leg locks, while not allowing chokeholds. It also focuses on throwing, ground work and submissions, with very few restrictions on gripping and holds.

Combat Sambo is developed and utilized for the military. It resembles modern mixed martial arts, including extensive forms of striking and grappling. Combat sambo allows punches, kicks, elbows, knees, headbutts and groin strikes. Competitors wear jackets as in sport sambo, but also hand protection and sometimes shin and head protection.

We can now observe the birth of a new kind – **Beach Sambo**. Numerous fitness clubs include sambo into their programmes, as the sport gets more and more popular.

There are multiple competitive sport variations of sambo, though these are the main formats that are recognized by FIAS.

International Sambo Federation (*FIAS*) is the only recognized international organization that manages the development of sambo in the world and unites national sambo federations. The vast majority of countries that develop sambo have the national federations that are members of the FIAS.

(Originated from: *International Sambo Federation; Wikipedia, the free encyclopedia*)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) self-defense without weapons
- 2) a merger of the most effective techniques
- 3) with very few restrictions on
- 4) multiple competitive variations of sambo
- 5) the main formats recognized by FIAS
- 6) modern mixed martial arts
- 7) developed and utilized for the military
- 8) to improve the combat abilities
- 9) the only recognized international organization
- 10) the vast majority of countries

2. Match the definitions to the following notions:

- | | |
|---------------|---|
| 1) strike | a) a strike utilizing the hand with the fingers closed into a fist; |
| 2) elbow | b) a type of special clothing worn while participating in certain activity; |
| 3) throwing | c) a strike utilizing the adjoining bones of the humerus and the forearm; |
| 4) headbutt | d) a hold that prevents air from passing through the neck of an opponent; |
| 5) uniform | e) a physical strike using the leg or the foot; |
| 6) submission | f) a directed physical attack with either a part of the human body; |
| 7) chokehold | g) a strike involving the use of the cranium as area of impact; |
| 8) punch | h) an action of putting opponent to the ground through the air; |
| 9) knee | i) a strike either with the kneecap or the surrounding area; |
| 10) kick | j) a hold forcing opponent to submit out of extreme pain or fear of injury. |

3. Combine the following words and translate them:

- | | |
|------------|---------------|
| 1) leg | a) wrestling |
| 2) combat | b) combat |
| 3) self- | c) arts |
| 4) catch | d) locks |
| 5) sporty | e) work |
| 6) head | f) sambo |
| 7) single | g) defense |
| 8) fitness | h) protection |
| 9) martial | i) styles |
| 10) ground | j) clubs |

4. Insert the prepositions where necessary:

by, without, to (2), in (2), of (6), on (2), with.

1. Sambo is self-defense ... weapons.
2. The world ... sports got to know ... sambo ... the 20-30s ... the past century.
3. Sport sambo is stylistically similar ... old time catch wrestling and judo.
4. ... contrast ... judo, sambo does not allow chokeholds.
5. Sport sambo has very few restrictions ... gripping and holds.
6. More akin ... catch wrestling sambo allows various types ... leg locks.
7. Sport sambo focuses ... throwing, ground work and submissions.
8. Combat sambo includes extensive forms ... striking and grappling.
9. Sport sambo, combat sambo and beach sambo are recognized ... FIAS.
10. The vast majority ... countries that develop sambo have the national federations.

5. Match two parts of the sentences.

1. Sambo is a unique synthesis of ... a) ... hand, shin and head protection.
2. A lot nations recognize in sambo ... b) ... sambo into their programmes.
3. Sambo is the original system of ... c) ... unites national sambo federations.
4. Competitors wear jackets and ... d) ... competitive sport variations of sambo.
5. Beach sambo is a ... e) ... physical and spiritual education of person.
6. Sambo and catch wrestling have ... f) ... three main formats of sambo.
7. Numerous fitness clubs include ... g) ... single combat and martial arts of the world.
8. There are multiple ... h) ... relatively new kind of sport.
9. FIAS recognizes ... i) ... their sporty styles and traditions.
10. International Sambo Federation ... j) ... differences in rules, protocol, and uniform.

6. Complete the sentences with appropriate terms.

1. Sambo means s_____d_____ without w_____.
2. It was intended to improve the h____-to-h____ c_____ abilities.
3. S_____ s_____ is similar to old time catch wrestling and judo.
4. C_____ s_____ is developed and utilized for the military.
5. C_____ are not allowed in sambo.

6. Combat sambo allows punches, kicks, elbows, knees, headbutts and groin s_____.
7. Sport sambo competitors wear j_____.
8. Combat sambo competitors also wear p_____.
9. Combat sambo resembles modern mixed m_____ a_____.
10. National s_____ f_____ are members of the FIAS.

7. Answer the following questions.

1. When did sambo evolve?
2. Sambo is an international sport, isn't it?
3. What was sambo intended to be?
4. What techniques are allowed in sport sambo?
5. What techniques does combat sambo allow?
6. Do sport sambo competitors wear any protection?
7. What kind of protection is worn in combat sambo?
8. What main formats of sambo are recognized by FIAS?
9. Which variation of sambo was developed for the military?
10. What is the only recognized international organization of sambo?

8. Finish the following sentences.

1. Sambo is a unique synthesis of ...
2. Sambo was intended to develop ...
3. Sport sambo is stylistically similar to ...
4. Combat sambo resembles ...
5. Sport sambo is also called ...
6. Combat sambo includes extensive forms of ...
7. Sport sambo focuses on ...
8. A relatively new kind of sambo is ...
9. FIAS is ...
10. Members of the FIAS are ...

1. Read the text to find the information about:

- 1) *the common name of sambo used previously;*
- 2) *the national types of wrestling incorporated in sambo;*
- 3) *the international federation that recognized sambo as sport;*
- 4) *the date of establishing an independent sambo federation;*
- 5) *the main international sambo competitions;*
- 6) *the name of national sambo organization of Ukraine;*
- 7) *the success of Ukrainian sambo wrestlers.*

Sambo official birth date is considered to be November 16, 1938, when the order “On the Development of Free Style Wrestling” was issued. As for the name of sambo, the abbreviation did not catch on at once. The expression “free style wrestling” was commonly used for some time. Time passed by, and the martial art officially received its present name at spring coach meeting in 1947.

Sambo is a universal martial art. It is based on many sports and national types of wrestling, as well as various self-defense systems. Sambo harmoniously incorporates lots of elements of such types of martial art as French wrestling, Japanese wrestling “judo”, Azerbaijanian “gül”, Moldavian “trynte”, French boxing “savate”, Dagestanian national wrestling, ancient Japanese “jiu-jitsu”, Mongolian “bukh barilda”, Chinese “shuai jiao”, Armenian “kokh”, Tivinian “hapsagai”, Georgian “chidaoba”, etc.

Over the years, sambo entered the international scene. In 1966, the International Federation of Associated Wrestling Styles (FILA) officially recognised sambo as an international sport wrestling and decided on regular international competitions in this sport. In 1984, FILA Assembly decided to establish an independent sambo federation (FIAS). In the following years, sambo development constantly gathered pace; the martial art gained more supporters.

Initially the full name of the organization was the International Amateur Sambo Federation (FIAS (*fr*) – Fédération Internationale Amateur de SAMBO). As in case of many international sports organizations, the word "amateur" was gone from the name of the Federation in 2011, but the acronym FIAS remained the same.

During the whole period of its existence, the FIAS conducts serious work, thanks to which sambo fans have appeared in more than 100 countries on all continents of the planet. New sections and clubs get open and national sambo championships are hold in different countries every year.

More than 30 major sambo competitions are held annually at the international level under the auspices of FIAS. The most important of them are the World Cup and the World Championship among boys and girls, junior boys and girls. In addition, sambo is included in the official program of the World Combat Games "SportAccord", as well as in the Asian Games. In 2015, the sambo tournament was held in the program of the First European Games in Baku.

In Ukraine, sambo has been cultivated since 1934. The organisation of 50 annual regional, national and international championships, as well as active participation in the world Championships, European Championships and World Cups have contributed to Ukraine's considerable success in the art of sambo.

To date, Ukraine's sambo fighters have won over 1500 medals. Fifty-two Ukrainian sambo wrestlers have been champions of Europe, 44 have been world champions, and 35 have been winners of the World Cup. Currently, over 21 thousand Ukrainian sambo wrestlers are ranked, including hundreds of masters of sports, 42 international masters of sport, 25 honoured masters, 70 honoured coaches of Ukraine.

The Sambo Federation of Ukraine (FSU) is devoted to developing both physical and harmonious character. Among their many activities and projects, the FSU board wishes to recognise outstanding figures who have devoted their lives to sambo and to their country. by giving their names to numerous sambo tournaments.

(Originated from International Sambo Federation)

2. Are the sentences true or false? Correct any false sentences.

1. As for the name of sambo, the abbreviation was commonly used at once.
2. Sambo is based on many sports and national types of wrestling, as well as various self-defense systems.
3. In 1966, the FIAS officially recognised sambo as an international sport wrestling and decided on regular international competitions in this sport.
4. In 1984, FILA Assembly decided to establish an independent sambo federation (FIAS).
5. The word "amateur" was gone from the name of the Federation in 2001, but the acronym FIAS remained the same.
6. More than 300 major sambo competitions are held annually at the international level under the auspices of FIAS.
7. In 2015, the sambo tournament was held in the program of the First European Games in Baku.
8. In our country, sambo has been cultivated since 1934.
9. Currently, Ukrainian sambo fighters have won over ten thousand and five hundred medals.
10. The Sambo Federation of Ukraine wishes to recognise outstanding figures who have devoted their lives to sambo and to their country.

3. Work in pairs. Ask and answer your own questions on the text.

4. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

Rules

Competitions shall be divided into the following formats: a) individual; b) team; c) individual-team. The competition format shall be determined by the regulation on competitions for each individual case. In individual competitions only individual results and placement in weight categories shall be determined. In team competitions teams shall meet one another and the placement of the teams shall be determined based on the results of these matches. In individual-team competitions the individual placement of contestants and the placement of the team shall be determined depending on the individual results of the team's contestants in accordance with the regulation.

When conducting competitions contestants shall compete in a single group (system with no subgroups) or in the case of a drawing they shall be divided into several subgroups (system with subgroups). Competitions may be conducted according to one of two methods: a) round-robin where each contestant competes with one another; b) with the elimination of contestants who suffer the number of defeats specified by the regulation. The competition system and methods must be specified in the regulation. Official FIAS competitions shall be conducted according to the Olympic system.

Contestant uniform: sambo jacket, sambo shoes and sambo shorts. In addition, female contestants shall have a white shirt. A special style red and blue sambo jacket and belt shall be made from cotton fabric. Red, blue or combined (red-blue) sambo shoes shall be made from soft leather or synthetic fabric. Sambo shorts shall be made from red and blue of wool, wool mix or synthetic knitwear.

The use of sambo uniforms shall be permitted at all official competitions in accordance with the requirements established by the rules and the FIAS sports regulation. Contestants shall attend the opening and closing parades and award ceremony in their red sambo uniforms. Bandages and tapes shall be permitted in order to prevent injuries to

joints. Any open areas of the body, for example the knee joint, must be covered with a bandage or elastic kneepad tape in the colour of the uniform (red or blue).

In Sambo it is permitted to use attacking and defensive actions in different athlete's positions. 1. Standing – the position when an athlete only touches the mat with the soles of the feet (is standing on both feet/one foot). 2. Lying – the position when an athlete touches the mat with any part of the body except the feet. 3. Standing fight – athletes fight in a standing position. 4. Lying fight – athletes fight in a lying position.

Athletes shall be called to the mat to take part in a fight. Prior to the start of the fight, the athlete called first (in a red uniform) shall stand in the red corner of the mat, while the opponent (in a blue uniform) shall stand in the blue corner. After being introduced, the athletes shall come to the centre of the mat upon the arbiter's signal and shake hands. They shall then take a step back and begin fighting upon the arbiter's whistle.

The fight shall end upon a sound signal (gong) and not upon a repeat whistle blow by the arbiter. Upon completion of the fight, the athletes shall take the same positions on the mat as before the fight. In order to announce the result of the fight, the arbiter shall call the athletes to the centre, take their wrists and raise the arm of the winner after which the athletes shall shake hands and leave the mat.

A fight may result in victory by one of the athletes and defeat by the other as well as the defeat of both athletes. Victory may be: a) total; b) on points; c) minimal advantage; d) the withdrawal of both athletes from the fight or the competition (disqualification).

(Originated from International Sambo Federation)

2. Compile a vocabulary of sambo terms.

3. Make a presentation of sambo.

Obligations and rights of contestants

Contestants shall be required to:

- a) strictly follow the rules and regulation on competitions;
- b) comply with the requirements of the officials;
- c) immediately appear on the mat when called by the officiating board;
- d) immediately inform the officiating board about the inability to continue the competition for any reason;
- e) shake hands with opponents both before and after the fight;
- f) behave properly in relation to all contestants, officials, people conducting and servicing the competition as well as spectators;
- g) be shaved (or have a short beard) with short fingernails in a sambo uniform consistent with the FIAS regulation;
- h) tightly tie long hair in a braid or ponytail no longer than 20 cm.

Contestants shall be entitled to:

- a) appeal to officials via a team representative; appeal directly to the chief referee when conducting individual competitions (in the absence of a representative);
- b) hold a weight check on the official weigh-in scales one hour prior to the start of weigh-in;
- c) promptly obtain the necessary information: about the progress of competitions, the competition programme, changes to the competition programme, the line-up for the next round, fight results, etc.;
- d) use two minutes to seek medical aid during a single fight;
- e) appeal to an official with a request to stop the fight (only if it is necessary to seek medical aid or to adjust a uniform).

Team representatives, referees and captains

1. The team representative (head) shall be the intermediary between the officiating board and the contestants provided by a given organisation. If a team does not have a special representative, such functions shall be performed by the team referee or captain.
2. The representative shall be responsible for the discipline of the team members and ensure their timely appearance at competitions.
3. The representative shall take part in the drawing and attend meetings of the officiating board if they are held jointly with representatives.
4. The representative shall be entitled to submit a written protest to a chief official substantiated with a reference to the article and clause of the rules.
5. The team representative, referee and captain shall be prohibited from disrupting the work of officials and people conducting the competitions.
6. The representative must remain in a specially designated area for representatives during the competitions.
7. The representative may not simultaneously be a judge of these competitions.
8. The representative may be ejected from the competition venue and the athlete may receive a regular warning for violating the rules.
9. During a match a referee shall be entitled to time a fight while located in the specially designated area near the mat without leaving it during the fight and without disrupting the work of the officials.

During the competition, the referee must wear a tracksuit. Referees and representatives shall be prohibited from wearing headgear in the gym.

The members of the competition officiating board shall be approved by the chairman of the FIAS officiating board.

The competition officiating board shall include:

- chief officiating board – chief referee, chief referee assistants, a secretary group;
- officials – mat chairmen, arbiters, side referees.

Course and duration of fight

1. The duration of fights (preliminary matches and fights for medals) shall be set at:
 - for adults and juniors (men) – 5 minutes;
 - for adults and juniors (women) – 4 minutes;
 - for youths and cadets (boys, girls) – 4 minutes;
 - for veterans: men – 4 minutes, men over 65 – 3 minutes, women – 3 minutes.

The duration of repechage matches shall be 3 minutes.

2. The time of a fight shall start being counted upon the first whistle by the arbiter. The time of breaks shall not be included in the net (actual) time of the fight. In exceptional cases, it shall be permitted to include the time of breaks not accompanied by the arbiter's signal for "Time stoppage" in the actual time of the fight (except semi-finals and finals) if such is stipulated in the regulation on competitions.

3. During the course of the fight, the athletes may not leave the boundary of the mat without the arbiter's permission. An athlete may leave the mat to change sambo uniforms based on the arbiter's decision with mandatory accompaniment by the side referee.

4. Athletes shall be given no more than 2 minutes for medical assistance during a single fight. During fights, medical assistance shall only be provided in cases of injuries (cuts, abrasions) to open skin areas. Medical assistance shall be provided directly on the mat (edge of the mat). Violations of the uniform code shall be prohibited when providing medical assistance.

Break between fights

The break between fights must be at least 10 minutes for adults and juniors and at least 15 minutes for youths, teenagers and veterans.

Painful holds

1. A painful hold shall involve locking an opponent's arm(s) or leg(s) in the lying position in order to perform the following moves: bending (lever) or rotating a joint (knot), or squeezing the tendons or muscles (pinch), thus forcing an opponent to submit. The start of the painful hold shall be regarded as the moment in the fight when the attacker seizes one of the opponent's limbs in order to inflict pain on the latter. One minute shall be allocated for the painful hold.
2. It shall only be permitted to start painful holds during fights when the defender is in a lying position, while the attacker may be in a standing position.
3. The use of a painful hold (on the leg or the arm) must be stopped as soon as the defender moves to the standing position.

Hold-down

1. A hold-down shall be regarded as a hold whereby an athlete forces an opponent to lie with his back to the mat for a specified period of time and presses his own body (chest, side or back) against the opponent's body (or presses the opponent's arms against the body).
2. The counting of a hold-down shall begin from the moment the attacker presses his body (chest, side or back) against the opponent's body and holds him in a position on his shoulder blades.
3. The hold-down shall end if the athlete who is pinned moves to a position on his chest, stomach or buttocks (but not on the lower back) at which the angle between the back at the shoulder held and the mat surface is more than 90 degrees; if the downed athlete pushes away the attacker or when the attacker switches to a painful hold.

Throws

1. A throw is regarded as a technical move by an athlete that results in the opponent losing balance, falling on the mat and touching it with any part of the body except the feet, i.e. in one of the lying positions. A counter-throw is a throw whereby a defender takes the initiative in response to the opponent's attacking action, stopping the opponent's attack and altering the direction of the attacker's fall. Unsuccessful throw – a throw whereby the attacker moves (falls) into one of the lying positions as a result of an unsuccessful attempt to make a throw not resulting from an active countermove by the opponent.
2. Only throws made by an athlete from the standing position prior to the throw (before the opponent starts to fall) shall be assessed, while the contestant being attacked may be in the lying position. A throw shall be regarded as having been made without falling if the attacker remains in the standing position during the throw (from the start to the end of the throw).
3. A throw shall be regarded as having been made with a fall if the attacker moves to a lying position in the process of making the throw or is resting on a lying opponent in order to maintain balance (hand or foot).
4. Any rollover into the lying position by both athletes as well as throws made by an athlete in the lying position shall not be assessed.
5. An assessment of the technical moves by an athlete in the standing position who fully lifts an opponent in the lying position from the mat and rotates the opponent in a longitudinal, transverse or sagittal axes (or combined rotation) shall be evaluated in a similar manner to the technical moves made from a standing position.

(Originated from International Sambo Federation)

Blow: An impulsive technical action with the rectilinear or curvilinear trajectory executed by the arms, legs or the head to the parts of the body permitted by the rules with the definite speed and strength.

Bout: A contest between two sambo wrestlers, conducted according to the sambo competition rules.

Chokehold: A grappling hold around the neck that cuts off the flow of air to the brain.

Counter-throw: A throw whereby a defender takes the initiative in response to the opponent's attacking action, stopping the opponent's attack and altering the direction of the attacker's fall.

Emptyhanded: not armed, unarmed.

Flying knee: A strike performed by jumping forward and hitting the opponent with the knee.

Foot sweep: Any of several moves used to trip an opponent by forcefully moving one's legs horizontally at the feet or ankles of one's opponent.

Ground game: Hand-to-hand combat in which both fighters are on the ground, or skill in such combat.

Hand blow: A blow delivered by any part of the fist (except the base of the palm), with the elbow to the front and side part of the head, the trunk, arms and legs and also to the groin.

Hold-down: A hold whereby an athlete forces an opponent to lie with his back to the mat for a specified period of time and presses his own body (chest, side or back) against the opponent's body (or presses the opponent's arms against the body).

Knockdown: A temporary loss of the possibility to defend as a result of the missed blow: up to the count 10 the fighter completely recovers consciousness and assumes the fighting position.

Knockout: An irreplaceable loss of the possibility to defend as a result of the missed blow: up to the count 10 the fighter can't come to consciousness and assume the fighting position.

Leg blow: A blow delivered with the knee, shin, foot, heel to the front or the side part of the head (except the oncoming blow with the knee when the opponent passes to the legs), the trunk, on the legs (the inner and outside part of the thigh or the shin) and to the groin.

Lying: The position when an athlete touches the mat with any part of the body except the feet.

Lying fight: Athletes fight in a lying position.

Off mat: A position when: a) one of the athletes steps outside the edge of the mat with both feet in the standing position; b) half of one of the athlete's bodies is outside the edge of the mat in the lying position at the waist line or shoulder blades and buttocks.

Painful hold: A hold that involves locking an opponent's arm(s) or leg(s) in the lying position in order to perform the following moves: bending (lever) or rotating a joint (knot), or squeezing the tendons or muscles (pinch), thus forcing an opponent to submit.

Pressure point: A specific small area of the body targeted, due to a cluster of nerves being close to the skin, usually not protected by bone.

Regulations: The rules governing the running of competitions.

Roundhouse: A punch or kick delivered with an exaggerated sweeping movement.

Roundhouse kick: A kick in which the attacker swings his/her leg around in a semicircular motion, striking with the front of the leg or foot.

Standing: The position when an athlete only touches the mat with the soles of the feet (is standing on both feet/one foot).

Standing fight: Athletes fight in a standing position.

Strangle (choke): mean technical action when the opponent's neck is squeezed preventing his normal breath or making him faint. It is held both in standing and ground positions. Strangles may be executed with the arms, legs and clothing.

Sweep: A throw or takedown that primarily uses the legs to attack an opponent's legs.

Takedown: An act of bringing one's opponent to the ground by grabbing one or both legs and applying a rearward bending moment.

Technical submission: A submission declared by a referee in cases when a participant has sustained an injury or becomes unconscious.

Throw: A technical move by an athlete that results in the opponent losing balance, falling on the mat and touching it with any part of the body except the feet, i.e. in one of the lying positions.

Unsuccessful throw: A throw whereby the attacker moves (falls) into one of the lying positions as a result of an unsuccessful attempt to make a throw not resulting from an active countermove by the opponent.

Weight class: A division of competition used to match competitors against others of their own weight.

Weigh-in: A procedure aimed to match a contestant's weight to one of the weight categories.

(Originated from: International Sambo Federation; Wiktionary, the free dictionary)

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