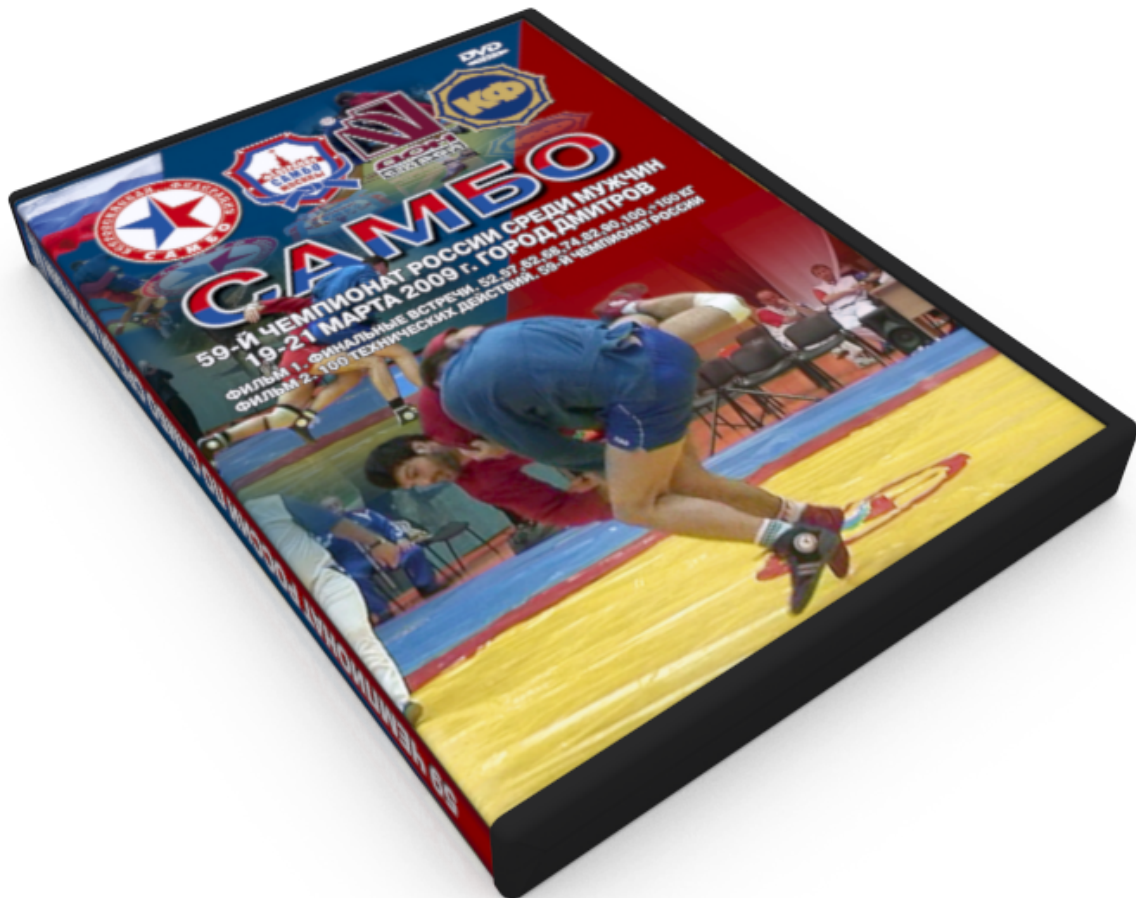




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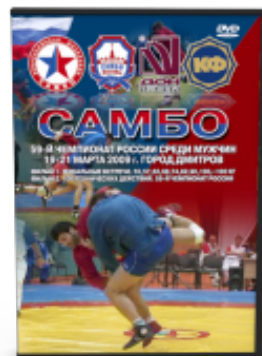
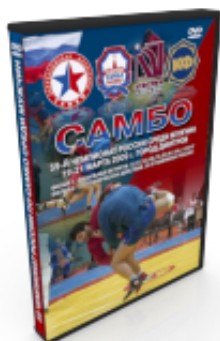
Sambo. 59th Russian Championship among men





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Final meetings on March 19-21, 2009.

Базисный сет @ahedaXet

300,00 ????

[Ask a question about this product](#)



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Description

Sambo 59th championship of Russia among men March 19-21, 2009. Dmitrov city.

[See all feedback](#)

Film 1. Final meetings 52, 57, 62, 68, 74, 82, 90, 100, 100+ kg.

52 kg A.Yusupov - D.Cherentsov
57 kg S.Yalyshv - A.Bijosyan
62 kg V.Uin - A.Pankov
68 kg S.Shibanov - N.Kletskov
74kg D.Mukhin - D.Lebedev
82kg R.Rahmatullin - A.Haritonov
90kg A.Chernoskulov - E.Kurginyan
100kg E. Isaev - A. Osipenko
+ 100kg V.Minakov - M.Starkov



Film 2. 100 technical actions. 59th championship of Russia.

Section 1. A group of shots from the hook section.
Section 2. Picking up from the inside.
Section 3. Throws through the back, over the shoulder.
Section 4. Footsteps: front, back, side.
Section 5. Throw over the head.
Section 6. Side roll.
Section 7. Throws with the seizure of feet.
Section 8. Throws: "bull", "mill."



[gallery ID=17]



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Reviews

There are yet no reviews for this product.