



ANIMAL FITNESS



Sambo

PROGRAM

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SAMBO CLUB PROGRAM

Program Description

Sambo is a dynamic and versatile combat sport originating from Russia. Sambo classes provide a well-rounded martial arts experience, focusing on sportive competition, and physical fitness. Techniques taught in class include throws and takedowns, ground fighting, striking, competition and sparring, and conditioning.

What to Wear

A Sambo Kurtka, belt and shorts are required for Sambo class. Underneath your Kurtka we recommend an athletic top and wrestling shoes for footwear.

Recommended Items to Purchase

- Sambo Kurtka & Sambo Shorts (Red or Blue)
- Sambo Belt (Red or Blue)
- Wrestling Shoes
- MMA Gloves, Mouth Piece, Shin Guards & Head Gear

