

Jupiter Entertainment

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Russia.Martial Arts.doc

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VIDEO

AUDIO

Writer/Producer: Adrian Maher

Show: Human Weapon "Sambo" for The History Channel

Date: August 20, 2007

ACT ONE

From a brutal regime born of a bloody revolution, to a secret police squad cloaked in Communist-era secrecy, from millionaire oligarchs to a sanctioned sport more popular than baseball, SAMBO is one of the world's most effective and deadly fighting systems.

We've traveled to Russia to research the origins of this blood-soaked martial art. We'll train with bodyguards, special forces, Grand-Masters and world champions. Then one of us will hop into the ring to go head-to-head with one of the sport's pre-eminent up and coming fighters.

PRE-PRODUCED OPEN

Russia is the world's largest country – its vast spaces stretch over six time zones, more than 10 million square miles

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AUDIO

- a land mass spanning from Europe to Asia. Its 20th century history is one of bloodshed – more than 60 million of its own people slaughtered in wars, revolutions and disappearances into its vast gulag system. It's against this brutal tapestry that Bolshevik leader Vladimir Lenin, ordered the creation of SAMBO – a Russian acronym for "Samozashchitya Bez Oruzhiya" meaning "self-defense without weapons" for the military during the Communist Revolution in 1918. Over the years the martial art has evolved into a national sport and with more than 500,000 participants, Sambo is more popular in Russia than **baseball** is in the United States. Today, the heart of SAMBO isn't in the prison camps or on the battlefields of the Old Soviet Union. It's here in the sleepy town of Belogorod. Founded in the 15th century, some 800 kilometers southwest of Moscow, the city once bore

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witness to a month-long World War II battle between the Red Army and the Nazis involving more than 13,000 tanks – the largest clash of armor in history. Today, Belgorod is a mainstay of Russian SAMBO culture – thousands of residents practice the art. One of its native sons, Fedor Emelianenko, is now considered the greatest Mixed Martial Arts Fighter in the world. And this year, the city is home to the European and Russian Federation's annual Junior Combat Sambo Championship – a brutal testing ground for future greats in the sport. Each year, roughly 100 champions come from 16 regions from all over Russia and Europe to compete for the top title in ten weight classes. And the ferocity of these fights is guaranteed to leave some physical damage.

YOUNG BELGOROD COMPETITORS FIGHTING

File 10655-11014

BILL: That's a cradle, that's a cradle, that's a cradle. Man, what a wiry fighter that kid in the red is.

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11014 - 11329

JASON: Yeah, you gotta have a fast pace to be able to keep up with this, it's a lot of cardio comes into play.

BILL: Oh, nice throw.

JASON: That was nice.

12008 - 12257

Show variety of Sambo moves in Belgorod competition.

JASON; This is why guys like Fedor do so well in mixed martial arts in my opinion because combat sambo is so similar, you have punches, kicks, you have takedowns, you have grappling moves, you have submission and knockouts and if you're training in something from a very young age like combat sambo you're gonna become good at things like MMA because they're so parallel.

For decades, Sport Sambo, primarily a ground-game of wrestling, throws and leg and arm locks was the official competitive martial art of the Soviet Union. However, with the recent explosion of Mixed Martial Arts, Combat Sambo and its additional repertoire of kicks, strikes, punches and chokes, is becoming the sport of choice for young Russian warriors.

MO-CAP GFX OVERVIEW

11605 - 12008

JASON: Come on work the jabs, work the

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AUDIO

jabs. There you go.

BILL: Oh, he got him

JASON: And they're grabbing

BILL: Ah, there's a lot of fireman's carries.

The vast treeless plains of the Russian steppe have had a profound effect on Slavic cultures. Over millennia, hundreds of nomadic and violent tribes, legions and armies have swept back and forth conquering and plundering. The limitless flat space encouraged horsemanship, archery and wrestling. But it was wrestling that was most prized as a cultural activity and as an addition to armed combat. Through the centuries, the hand-to-hand fighting techniques of conquerors and their vanquished filtered into the sprawling Russian empire. And the sport has definitely held on to its bloody roots.

MORE VIOLENCE FROM THE TOURNAMENT

We finally meet Fedor, a six-foot, 225

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pound, three-time World Combat Sambo champion and Pride's current Heavyweight title-holder since 2003. Emelianenko is considered the best Mixed Martial Arts fighter in the world by virtually every trade magazine. Out of 29 professional fights and seven amateur contests he's only recorded one loss, and that was because of a cut. Turns out the champ has a challenge for us: learn the sport from some of its finest masters.

13308-13643

BILL: What is the spirit of combat sambo?

(Male 2): (speaking Russian)

(Male): (speaking Russian)

(Male 2): Ah, so first, first and foremost it's a Russian, ah, martial art and I want just to warn you that there is a possibility, of kicking your ass guys.

JASON: There's a serious possibility of getting our ass kicked. I love it.

Then take on one of Fedor's protégés in a full-on Combat Sambo fight.

After 16643

(Male): (speaking Russian)

(Male 2): In a couple of weeks time I'll find you a guy who you will be fighting.

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AUDIO

JASON: As long as his last name is not Emelianenko no problem.

BILL: Yeah.

JASON: Deal?

BILL: Deal.

JASON: Deal?

BILL: Don't fight us please.

The guy Fedor has lined up for us is Alibekov Asmyatilo, a six-foot four-inch, 20-year-old regional champion from Saratov, Russia with a wicked ground game. In short, he's the ideal opponent to test our skills at the end of our journey.

With a fight with one of Fedor's prized pupils just a week away, we needed to get some training under our belts in a hurry. So we headed northeast to the city of Moscow – the heart of Mother Russia.

Nowhere are the Motherland's contrasts more apparent than here – ancient monasteries and Stalinist buildings

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AUDIO

stand side by side, and "New Russian" millionaires and poor pensioners bustle along the same streets. Moscow's population of 10 million people makes up the financial, spiritual and historical center of the country. The city's touchstone - the impenetrable walls of the Kremlin, the cobbled streets of Red Square and glittering St. Basil's Cathedral loom in the background. After the breakup of the Soviet Union in 1991, the switch to capitalism got ugly. There were huge disparities of wealth, economic looting and chaos. More than half the country's resources were taken over by less than two percent of the population. Business disputes were settled by bloodshed. Financial moguls hired private security services to protect their every move. We've decided to meet Dmitry Fonareff, President of the National Bodyguard Association of Russia at the Sovietsky

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Hotel, a prime V.I.P watering hole in the center of town. Dmitry represents more than 4,500 private security members in Moscow alone. Most of these bodyguards earn about \$30 an hour escorting dignitaries to meetings, and physically protecting wealthy businessmen, some for 24 hours a day.

14009 - 14333

BILL: And why is there such a need for executive protection here in Moscow?

(Male): Moscow is dangerous place, ..it's a tight place and nobody knows what happen tomorrow and, ah, the different kind of business require very good security and especially personal security.

LOTS OF BODYGUARD DRILLS AND ACTION

Dmitry brings along a bevy of bodyguards, who like himself all have government security service backgrounds and extensive experience in Combat Sambo. These guys definitely had the training and expertise that would help us prepare for our final fight.

15004 - 15348

JASON: So I mean to become proficient at these you really have one chance of saving someone's life, so you have to be really good at these moves, what kind of different sambo techniques do you guys practice to become efficient?

(Male): We call it knots, .. to keep the barrel in safe position

BILL: So they do joint locks mostly because they wanna get control of the

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AUDIO

situation right away instead of doing the punching and kicking.

(Male): That's right.

BILL: Yeah, they're coming in and doing more of the grappling.

(Male): You see in this situation the punches is, ah, is useless because the moves is faster than..

BILL: Right.

(Male) Than their fists....

MORE DRILLS IN FRONT OF HOTEL

With a rash of Russian kidnappings in the past decade, the bodyguards practice their abduction training in the street to make it as realistic as possible. Their techniques are all about controlling and isolating the key limbs of their attackers – the same SAMBO moves Bill and Jason will need in their fight.

15004 - 15348

(Male) by our statistics nineteen percent, .. of, ah, any situation the guards, ... have no, ah, time just to draw the weapon, so that's why we ask, ah, our teachers in sambo to show them techniques not to use the, the weapons because they have to react quickly and they have to, ah, do this, ah moves very precisely.

BILL: So can your guys show us a couple of these moves?

(Male): I suppose yes.

BILL: All right, cool.

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AUDIO

We move inside to a more forgiving environment in the hotel lobby, where Dmitry's key instructor, Alex, shows us some of the bodyguard's key Sambo techniques. The first move is called "Brosok Zacepom," translated simply as the "Throw With a Sweep"

Starts just before

15941 – 20328

BILL: So you just break down that move you were just showing us there. I noticed that you went off the guy just throwing a punch, right?

File 15941

BILL: So you parry the punch, then come in with another?

(Male 2): Yeah, very strong.

BILL: Very strong.

(Male 2): To, to release this leg.

BILL: Okay.

JASON: So it takes the weight off of there.

(Male): Yeah, yeah, yeah, weight.

BILL: Okay so you're...

JASON: Oh okay.

BILL: Punching me.

(Male 2): Then two points here and here to fall down and (can't understand) that.

JASON: So once, once you take him down

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VIDEO

AUDIO

you're keeping your knee on him to control his body?

(Male 2): Yeah, yeah, look, look, if I will not rest my knee he can, ah...

JASON: Maneuver.

The "sweep with a throw" move's primary attributes are speed and control of the assailant's wrist and chest— critical elements when a gun is involved.

The move begins by dodging the initial assault and forcefully grabbing the attacker's wrist with one hand.

15941 - 20328

(Male) Always control.

JASON: Controlling the wrist.

A quick strike to the head with the other hand throws the assailant off-balance

20910 - 21257

(Male): And you like first, so move...

BILL: So parry and hit.

(Male): Yeah, yeah, yeah, yeah.

BILL: you can't really grab a punch, you're just trying to get out of punches way and attack at the same time. So, umph, right here?

(Male): Yeah.

BILL: Okay.

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VIDEO

AUDIO

Which allows for a quick leg sweep, a pull-down on the collarbone and a violent takedown. Once on the ground, the bodyguard pins his knee in the attacker's chest and keeps tight control of the wrist allowing restraint of the weapon.

MO-CAP GFX

The key to the sweep and throw is knocking the opponent off-balance which can reduce their ground weight by half. Grabbing the wrist provides hundreds of pounds of additional leverage with the control similar to a joystick on a computer console. Then the rotation of the hips amplifies the force of the powerful leg sweep. The opponent hits the ground with a force equivalent to landing on your back off a ten-foot diving board at a swimming pool.

21628 -21954

**JASON: See in this move you really have
..... only one chance in the street to
get this right, get that hand right**

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VIDEO

AUDIO

across his face, sweep that leg out, get that knee nice and tight on him on the way down and finish with a punch.

BILL DOES MOVE ON A BODYGUARD

20328 - 20602

BILL: Wow, this is a really practical move, whether it's combat sambo in the real world it can really help you out, you use all your momentum, knee him in the gut and then punch him in the throat. Once you get punched in the throat, the fight's over I don't care where you are.

The sweep and throw is definitely a keeper – and working out with Dmitry's stable of bodyguards was a once in a lifetime experience. But if we're going to take on an up-and-coming SAMBO fighter, we'd need more than just a throw.

Next, we'll travel to one of Moscow's most revered Sambo dojos and learn a brutal tactic from one of Mother Russia's most feared fighters.

END ACT ONE

ACT TWO

As rough and tumble as the streets of Moscow can be, our education became even more dangerous as we traveled to a

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AUDIO

secret police facility outside Moscow.

Here the Russian Special Forces train in Combat Sambo Spetsnaz – the military’s deadly art of self-defense without weapons. During the Cold War, Spetsnaz training was a closely guarded secret, unknown to Americans until a few years ago. After months of negotiations, our cameras were allowed in, the first time a Western crew was given permission to film such a facility.

13333 – 13721

BILL: Growing up in the Cold War I never thought I’d be taken to a secret Spetsnaz training facility by, ah, Russian soldiers.

BILL AND JASON

JASON: Yeah, yeah, there’s definitely an awkward air of, ah, where are they taking us, we can’t speak Russian to find out and they’re all packing heat.

DRIVING IN VAN TO FACILITY

BILL: Yeah and, ah, I think we’re actually the first westerners to ever be invited here.

Lenin’s goal in ordering the creation of Sambo in 1918 was to enhance the Soviet military’s hand-to-hand combat methods. The secret fighting system, eventually

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VIDEO

AUDIO

called "Combat Sambo Spetsnaz" was to be used exclusively by the state's security services. Security officials researched training and studied martial arts texts from all over the world. By the time of Stalin's Great Terror in the mid-1930s, the scientific research into such personal combat methods went chillingly further: Thousands of condemned prisoners were turned over to Spetsnaz squads and forced to fight to the death in hand-to-hand combat against trained killers. The tactics and results were studied closely.

Since the end of the Cold War, some of this brutal fighting system has slowly come to light. Parts are still employed in a wide array of Special Forces training. Today, we got our first look at an active demonstration, with live ammunition, deadly grenades and multiple explosives.

SPETSNAZ TRAINING MONTAGE – EXPLOSIONS,

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AUDIO

GRENADES, GUNS FIRING, ETC.

It takes roughly six months of full-time training in weapons, counter-insurgency tactics and hand-to-hand combat to become a Special Forces Commando. The training regimen is so brutal, dozens die each year and roughly 50% drop out. But by the time these 12 soldiers complete their education, they are truly Human Weapons.

GUNS FIRING

BILL: Wow

JASON: Did you see...there's just random pieces of ah shrapnel.

BILL: Shrapnel.

JASON: Flying everywhere.

EXPLOSIONS, GUNS FIRING, SWAT TEAM WORKING THEIR WAY THROUGH SHOOT HOUSE.

14055 - 14359

JASON: Yeah, this place is really intense too because twenty years ago we couldn't be here to watch them train and watch 'em blow the stuff up or watching them do sambo, we'd be in front of the bullets not behind them.

BILL: Yeah, all these guys are trained in sambo as well as trained in these armed moves and when the guns drop they gotta go to sambo and hopefully they'll teach us some of it.

JASON: And hopefully they'll drop their guns.

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Weapons-based moves are cool, but we needed to expand our hand-to-hand repertoire to help with our fight against Alibekov. Combat Sambo is one of the most versatile martial arts in the world, and we realized learning a special kick would be critical. And our instructor teaches us a very quick and lethal one:— UDAR SBOKU - translated as a simple, but very powerful "Sidekick."

BILL AND JASON OBSERVE SPETSNAZ SOLDIER

DEMONSTRATING SIDEKICK

14739 - 15209

BILL: Oh man you can really see him aiming his, ah, knee up right into the ribs before he throws a kick, it's really...

JASON: When you...

BILL: Powerful.

JASON: When you throw that jab and that arm's out there man it opens up all that target space...

The "Side-kick" generates a huge amount of power and torque by lifting one's foot off the ground, pointing the knee into an opponent's rib cage and then firing the leg out like a piston.

14739 - 15209

BILL: Oh, ooh he got me that time. By using the strength of your thigh,

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AUDIO

planting that back leg and by turning the hips, you can explode the kick into one of the most vulnerable regions of an opponent's body.

MO-CAP

The "Sidekick" is designed for maximum impact to the ribcage - the main protection for the heart and lungs. Driving the knee up uses the full power of the thigh to push the momentum of the foot at up to 25 miles an hour in ½ a second - that's about double the acceleration of a Porsche. Rotating the hips provides hundreds of pounds of extra force as the foot whiplashes into the thin ribs. If done perfectly, it's like cracking branches with a sledgehammer.

BILL AND JASON PRACTICE MOVE ON EACH OTHER.

BILL: Is it painful?

JASON: Yes..There's definitely a lot of power there.

MORE SPARRING AND LEG KICKS WITH BILL AND JASON DOING MOVE WITH SPETSNAZ SOLDIERS.

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AUDIO

15721 – 20027

BILL: they really don't pull the punches, even sparring with them they really lay those kicks in,..this is a real wartime combat sambo.

20027 – End

JASON: I tell ya this kick is all about timing and accuracy...being able to judge that distance on your opponent and get that kick in there and out of there quickly.

Just having that Sidekick in our quiver, made us feel a lot better – it allows us to check an opponent and keep him at a distance if necessary. But its power can also shake someone up and even end a fight.

At the end of our training, we witnessed a procedure that was truly shocking – it's a test that all the Special Forces must pass before they are allowed to join.

20027 – End

BILL: The Spetsnaz are a group of really tough guys and just like any group of tough guys they have kind of an initiation.

Soldier gets shot

JASON: Yeah and this initiation involves two key elements a real bullet proof vest and a real gun firing real bullets,

with bulletproof vest

BILL: Holy crap.

on.

JASON: You couldn't pay me enough money to do that. Did you see that?

BILL: He just got shot in the chest.

Bill and Jason toast

As we finished our session with the

drinks with Spetsnaz

Spetsnaz Special Forces, we realized how

soldiers.

unique it was - that we as Westerners,

after so many decades, could finally

train in such a treasured and secret

location.

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After dodging bullets, we journeyed to the home of one of Sambo's living legends – the dojo of Valeri Volostnych in the suburbs of Moscow. Valeri has taught here for more than two decades and thousands of students have graduated from his school. Besides winning the 90 kg Soviet Union Sambo Championship in 1983, Valeri holds a national wrestling title and is a third degree black belt in Jujitsu. We've come here to learn some special moves from this Master of the Masters who once studied with some of Sambo's original pioneers.

By the early 1930s, some of those founders began pushing a lighter version of the secret Combat Sambo Spetsnaz system as a sport, to condition troops in a safer environment and to spread it as a recreation for the masses.

As war approached in the late 1930s, the Soviet Union under Joseph Stalin began recruiting the country's best athletes

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AUDIO

to train in Sambo. Many served with distinction in the Special Forces against the Nazis. This lineage of intense martial athleticism can still be seen in the many competitors at Valeri's gym who still practice moves from the old days.

11556 - 11832

JASON AND BILL OBSERVE DEMONSTRATION OF THE CALF CRUSH.

We soon learned one of the most painful leg-locks in Sambo, the USHEMLENIE IKRONOZNOI MYSHCI, translated as the "Calf Crush" one of the most vicious techniques in all of wrestling.

To execute the "Calf Crush" a fighter wheels in front of his opponent, threads his leg through and across the back of his adversary's knee. He then grabs the ankle for leverage and then flips the person on his back and cranks down on the bent isolated leg for greater torque and control.

11832 - 12051

JASON: So if he grabs with his hands

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he's gonna be able to put him in an arm bar and the move you did is gonna be countered by a move so you have to grab with your elbow over at his, ah, or your partner's foot to make it nice and tight.

MO-CAP MOVE

By isolating an opponent's shin and calf in a virtual hammer lock, a "Calf Crush" can exert hundreds of pounds of force on the back of an extremely vulnerable shin bone. By using the feet as additional levers, a competitor can snap it like a twig, crippling someone permanently.

12335 - 12649

JASON: The way he finishes the move is by putting his right foot on the back of his left foot he's able to use his legs to exert more power out and that cuts his shin bone into the back of his opponent's calf, .. puts a lot of pain on both the joint and on the back of your opponent's calf.

BILL: It's really attacking the nerve endings.

12335 - 12649

BILL: Yeah. The only way to truly understand the mechanics of the move is to allow a master to do it to you. Okay, I'm ready. Oh. Ooh, ow, god damn that hurts, oh, ah.

After demonstrating the moves, Valeri

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AUDIO

put us up against two of his guys to
test our skills.

1:27:48

ENTIRE GROUP PRACTICES CALF CRUSH

13333 - 13721

**JASON: Being able to be good at leg
locks is a key, this guy's a master at
it, you have to always be able to watch
your feet and be thinking about where
this guy's gonna be, whether he's on top
or bottom .. if they catch one of your
legs it's good night.**

The Calf-Crush will definitely come in
handy against Alibekov. But we still
need instruction from one of the most
decorated Sambo champs of all time and
to participate in some of his outrageous
and very Russian training techniques.

END ACT TWO

ACT THREE

Along with Ice-Hockey and Soccer, Sambo
is one of the three most popular sports
in Russia today. Hundreds of Sambo

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training gyms dot the country. One of the most prestigious is Club Borec, on the outskirts of Moscow that is run by three-time Sambo World Champion, Igor Kurinnoy. Club Borec is renowned for some of Sambo's most innovative training techniques which are like religion to its hundreds of students and 12 instructors.

10000 – 10315

BILL: I didn't know it was this cold in August in Russia.

BILL AND JASON

JASON: Yeah, it's a little chilly Willey.

WALKING DOWN STREET

INTO CLUB

BILL: I don't think we'll be cold after this.

JASON: No. You know here you have some really unique training methods like basket brawl.

BILL: Can't wait to see it.

BASKETBRAWL ACTION

As Sport Sambo became a new, popular recreation in the early 1930s, it was finally recognized as an official sport of the Soviet Union on November 11, 1938.

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Over the years, the Soviet state system developed many champions including Kurinnoy who is well known for his expert teachings as well as his ruthless training program. Kurinnoy has devised many of these exercises himself, some of which took us to the limit. One of them is called "Basketbrawl."

BASKETBRAWL ACTION

10605 - 10901

BILL: What are you guys playing here?..

(Male): basketball, but it's...

BILL: Sambo with ball.

(Male): Yeah.

JASON: That's simple enough, basket sambo with ball.

BILL: Yeah kind of like football in America.

MORE BASKETBRAWL ACTION

Basketbrawl was created by Kurinnoy several years ago to toughen his students, let them practice their Sambo moves and above all have some fun. Though Basketbrawl looks like loosely organized chaos, there are specific rules – each game last 90 minutes, there is no striking, kicking or gouging. Other than that, anything goes including tackles, sweeps, and submission holds.

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10315 - 10605

JASON: You know one of the things I notice they're still utilizing the techniques that are used in sambo, hip throws, positioning, grabbing your opponent's GI, so it's a unique way to build your attributes even if you're not directly training a move.

BILL: Sometimes training gets monotonous, boring, this kind of training you don't even know you're working hard cause you're having such a good time.

After we watched for a few moments, we realized we had to jump in. But first we had to put on a Kurtka – a long-sleeved, flaired-shouldered, belted jacket of hip length used in Sambo competitions. It's tightness and the shoulder cuffs for gripping point back to the outfits used in ancient Mongolian wrestling.

BILL AND JASON PLAYING BASKETBRAWL

12108 - 12413

BILL AND JASON IN THE
MOMENT

JASON: It's like a combination of judo, wrestling, sambo, basketball, it's a combination of a lot of rough things.

12413 - 12640

BILL: You don't expect a guy to grab you by the collar and just slam you to

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AUDIO

**the mat, but this is not basketball,
this is basket brawl and it's tough, it
teaches you all your sambo moves and at
the same time it's a lot of fun.**

Basketbrawl was great training, a super warm-up and just the beginning of what Igor had planned for us. Now we had try some tumbling.

BILL AND JASON WATCH AND DO TUMBLING EXERCISES

13255 - END

JASON: (can't understand). You know being into sambo is really hard because you have to be very, ah, flexible, agile, you have to be a gymnast, a martial artist, there's a lot that goes into their training.

And for a guy Bill's size, doing all these agile exercises is super tough.

13003 -13255

BILL: These guys are gymnasts, basketball players, football players, they throw each other, they lock each other, they fight each other, they're all around athletes.

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That's why so many students come to Club Borec – the training is so varied, so thorough, and so creative. And we needed all these warm up exercises to be ready to learn our first move from Igor – the NOZNICI, known as the "Scissor Takedown."

13555 - 13931

Male: I put my head across his body and get lapel, pull it and press down with my shoulder with his shoulder.

The first move in the Scissors takedown is the most critical: Hooking the opponent's arm by reaching under his armpit from the side, clamping on his sleeve and then yanking him down. Then the full force of the knee kicks up and the leg splays out across the opponent's chest. With the full power of the hips rotating in, the other leg swings around and sweeps the other person's legs from behind and the opponent's body is driven into the mat.

13555 - 13931

(Male): Now I can continue my attack because I have very good grip right now, I can switch to the leg lock and bend his knee and if he try go out and here take his leg I can make this one, this leg lock, I (can't understand). It's easy.

BILL: Yeah, that's a lot of ways to break bones right there.

MO-CAP

By grabbing your opponent's sleeve and thrusting him downwards, you push him forward and knock him off-balance –

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VIDEO

AUDIO

giving you hundreds of pounds of leverage in one hand. Ramming your knee up and slamming your leg into his chest hits him with the force of a small pickup truck. Twisting the hips supplies triple the power of a typical leg sweep, driving his body into the mat like a rag doll.

After watching Igor's student receive the scissor treatment, it was time for us to get diced up.

JASON GETS THROWN BY IGOR

13931 - 14142

JASON: Okay. I tell you that move puts a lot of pressure behind the takedown because your opponent's using his whole body weight against your legs and against your chest and your hips are kind of the fulcrum point and the level and you go down hard and fast.

BILL DOES A THROW

14142 - 14420

BILL: You know that's a great move to get a Russian a submission, but they do not tap out here in Russia, they'd

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AUDIO

rather get a leg broken than tap the mat.

When this move is done right, it can take a guy down quickly and inflict serious pain. And as Igor was about to show us, the Russians have a super-high tolerance for pain.

RUSSIAN BEING TORTURED BY FOUR GUYS

Igor's students, even the young ones, are notable for their stratospheric pain threshold that is often tested during exercises. It's a Sambo legacy that traces back to the early days of Spetsnaz that involved gruesomely painful training – pushing recruits into cages with snarling dogs, dropping them into freezing landscapes with little clothing and provisions, making them slosh blindfolded through blacked-out slaughterhouses by touch alone.

MORE RUSSIAN TORTURE SEQUENCE

14709 - 15057

BILL: Wow, you know some Russians have drinking contests, others dance to

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VIDEO

AUDIO

polka, these guys have the torture chamber.

JASON: Yeah, it looks like a lot of fun. Looks like one way to be turned into Gumby.

If 16-year-old kids were willing to be tested, we figured we had to give it a try.

JASON GETTING TORTURED

15057 - 15411

JASON: Not only do you have to worry about getting your arms pulled out of your sockets, but.. you're going unconscious as you're getting pulled apart like a chicken.

BILL VO: I didn't think four little pip-squeaks could hurt me - boy was I wrong.

BILL IS TORTURED BY FOUR GUYS

15057 - 15411

BILL: Man, ah, that hurts so bad, I don't know what ever went through anyone's head to invent something like this, two arm bars, two ankle locks, man I felt like I was being ripped apart and you can't breath either, oh my god,

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VIDEO

AUDIO

these Russians are nuts. I'm done, I'm not doing that again.

But like most Sambo training, you're never done. Being tortured was just another of Igor's warm-up exercises – to get us ready for another move: the

BROSOK CHEREZ BEDRO, translated as the "Hip Throw."

The Hip Throw begins by cross-grabbing an opponent's sleeve under the armpit, stepping with one foot between his legs, and grabbing his back belt over his shoulder with the other hand.

15411 - 15710

(Male): After that, I put my hip across his body and step around my leg and in the finish of this movement, he pull onto my low back.

Then with a jump and a quick twist with your feet, you bend down and back your hips underneath your opponent's hips.

15411 - 15710

(Male): After I get a belt grip I step, ah, behind the line between his feet toward my legs, put my weight here forward and he, he fly, (can't understand).

You lean forward, bring your feet

together and flip the other competitor over your hip, slamming his back on to the mat.

MOCAP

Grabbing your opponent's sleeve and belt significantly increases your control –

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AUDIO

almost like corralling a young bull. By turning, bending and back-thrusting your hips under his waistline, you're coiled to deliver the full power of your thighs and calves up into his mid-section. The power of thrusting up while pulling down on your opponent's jacket, allows you to flip triple the amount of weight you could normally do standing straight up. Hitting the mat feels like being thrown down a flight of stairs.

15411 - 15710

BILL: It's amazing how this move is like a second nature to these guys, I mean he gets a hold of that belt and throws his hips underneath and it doesn't matter how big the guy is he just chucks him over.

JASON: Right. Leverage is the key to the throw or to any throw for that matter because getting your hips underneath your opponent you're able to use your legs and your hips to lift them up and then you're just using a little body momentum to turn him and slam him to the mat.

We thought this move would be a perfect complement to our other moves, and we

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VIDEO

AUDIO

decided to give it a try.

SHOW WHOLE GROUP PRACTICING MOVE

20655 - 21002

BILL: Got it. So it's your feet both together like that.

(Male): Yes, yes, together.

BILL: Man that is really awkward.

JASON: Take him all the way down man.

BILL: All the way, okay.

(Male): Don't afraid to lose balance for half second it's your move. Yes, yes, you all right?

JASON: That hit the mat with an incredible thud, that's like six hundred pounds of beef...

BILL: Yeah.

JASON: Hitting the pavement.

BILL: That's really impressive move because a lot of times in wrestling and other spots they say never lose your balance, but in sambo you lose your balance for a split second but it really pays off cause you really toss the guy to the mat.

JASON AND BILL MEET

Igor's training was brutal, but after

IGOR IN THE BANYA.

literally torturing us, he had a nice surprise for us – the Banya. It is a

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AUDIO

tradition hundreds of years old in the fierce climate of Russia - sweating out all your pain in the relaxing heat of a sauna.

21334 - End

BILL: Jason, you wanna try it?

JASON: Beating myself with some oak tree?

BILL: No, I'll beat you with it.

JASON: Beat me.

(Male): Relaxation after the practice.

JASON: Yeah this is..

(People talking)

JASON: Oh I get you.

Q: (can't understand).

(Male): We need to, we need to (can't understand). More power.

JASON: I'm getting flogged with branches of oak, this is great fun, this is hot.

The Banya really soothed our aching muscles and gave us a needed mental break.

Our training for the big fight is almost over. But our last mission involves

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VIDEO

AUDIO

heading deep into the Russian wilderness with a group of Sambo fighters for the roughest, toughest, most rugged training yet.

END ACT THREE

ACT FOUR

We'd experienced some of the best training Sambo had to offer, but we weren't finished yet. Our next destination was the Russian Sambo Federation's main training facility in the small village of Dmitrof, about 90 miles east of Moscow. We thought participating in the severe regimen here would increase our strength and stamina for the upcoming fight with Alibekov. The master instructors who run this camp are Vadim Kolganov, a European medalist and Master of Sambo and Alexander Retunskiy, a former Soviet Sambo champion in the 1970s. Both are experts in wilderness training and over the

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AUDIO

years have prepared for many of their fights here.

10000 - 10353

BILL: Vadim

(Male): Hi guys.

JASON: You guys got a great training atmosphere here.

(Male): Well so this is a basic training principle in Russian martial arts is to get back to the roots, you know, train with basic stuff as possible that doesn't break or if it breaks you can just replace it quite, quickly.

We took a quick tour of this legendary 20-acre site where for decades, some of Russia's top Sambo champions have trained. Hundreds of sparse cabins dot the area, often the only protection against fierce Siberian blizzards.

13636 - 14012

BILL: The living conditions are rustic, the training is Spartan. I can see why these old school Sambo guys were really tough and they had to be to live in a place like this.

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AUDIO

Before we knew it, we were in a remote clearing, watching what looked like a secret mercenary army.

TRAINEES CARRYING LOGS, SPARRING,

CRACKING WHIPS,

10901 - 11131

BILL: Jason we got throws, gun disarms, knife fighting, stick fighting, these guys are doing everything from a combat situation.

JASON: If you get used to and accustomed to training under, ah, intense situations and environments like this being in a ring or being in a gym is gonna feel like a day in the park.

TRAINEE JUMPS OUT OF TREE AND TAKES DOWN TWO GUYS.

14012 - 14218

BILL: Jason, that was nuts, that guy ran up a tree, used his environment, took two guys hostage, I mean crazy.

JASON: It doesn't matter where you are Bill, if you're in the jungle or in the ring, techniques are techniques.

Now it was our turn to train. We started by running with 100 pound logs on our shoulders to build strength and endurance.

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VIDEO

AUDIO

BILL AND JASON RUNNING WITH LOGS,

11131 - 11515

Male: come on, come on, come on! (Also yelling in Russian.)

JASON: It's like the Cold War's still going on.

BILL AND JASON DOING WING CHUN WORK WITH LOGS.

11131 - 11515

BILL: Working out with a log on your back is hard work, Mother Nature's a bitch, but Mother Russia is worse.

11515 - 11837

JASON: I tell you, this is kicking my butt, I have bad shoulders to start, but having to do a hundred reps with wood gets really heavy after awhile.

Next, we ran in formation through the

difficult terrain of the forest. The

exercise helps sharpen reflexes,

increases strength and encourages risk-

taking - all elements we'll need for our

upcoming fight.

BILL AND JASON RUNNING THROUGH TREES

13636 - 14012

JASON: When you have wet moss you're running on and you're weaving in and out of trees it's a really, really hard cardio workout, you need to work your balance, your coordination.

File 14012

BILL: Man, running through the Russian

14012 - 14218

forest I feel like some kind of

barbarian, thinking about going after a

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VIDEO

AUDIO

guy in a sambo match, I can't wait.

But this exercise regimen was just a warm-up. Vadim still had a lethal shoulder lock to show us, which is a classic Combat Sambo move – for use in the jungle or in our future competition.

14525 - 14911

(Male): Okay, put your right arm on his elbow crease and your left one on your bicep, put the pressure on his wrist here and pull his arm away,

14525 - 14911

BILL: This is a really awesome move because you can really feel the opponent hurting, Jason you feel that?

JASON: Yep.

A large part of Sambo involves grappling and joint locks. Every competitor needs a move that can end a fight and this is it.

JASON AND BILL KEEP PRACTICING MOVE

By repeating the move over and over, it helps our concentration, mental toughness, and makes the move so familiar, you can react without thinking – especially if you're in a tough spot.

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AUDIO

This type of dedication to a martial craft points to one of Sambo's greatest modern innovators, Vasili Oshchepkov. After studying Judo in Japan in the early 20th century, Oshchepkov returned to the Motherland, determined to take the throwing and striking aspects of Judo and mix them with native Russian wrestling styles.

12623 - 12856

(Male): The...new government asked him to help out to develop the system...so he used his knowledge of judo to teach them, but he had a lot of students from other countries like, ah, Uzbekistan, Georgia... ..he saw the similarities between them so he started to mix it all up he started calling it freestyle, ah, wrestling, which later on developed into sambo.

His hybrid fighting system was co-opted by the Soviet Security Forces and the Red Army in the 1920s. But Oschepkov also pushed his new methods widely and

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AUDIO

encouraged its development as a sport.

Sadly, Oschepkov got caught up in Joseph Stalin's mass purges and was executed in a Moscow prison in 1937. One year later, Sambo became an official sport of the Soviet Union. And it's because of pioneers like Oshchepkov, that we were able to visit Russia and compete in one of its most popular recreations.

BILL AND JASON SPARRING WITH EACH OTHER AND DOING MORE TRAINING.

But we wanted a final pointer from Vadim.

14911 - 15211

BILL: Do you have any last minute advise for our fights?

(Male) Don't do it. But, jokes aside.... you know keep it real and....just let the luck be on your side.

JASON: So basically your best advise is good luck. Great.

(Male): If it's a combat sambo, try to knock him out quickly, you know, or grab him and pin him down.

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AUDIO

Our training was finally done. We'd experienced the versatile techniques of Sambo and the athletic skills we'd need to be top competitors. Now it's time to head back to the Training Sports Center at Belgorod State University to put all our training to the test and to fight a real heavyweight champion.

END ACT FOUR

ACT FIVE

Our brutal Sambo training for the fight was finally over. Now we had to catch an all-night train from Moscow back to Belgorod for the annual Russian and European Federation's Junior Combat Sambo Championship, where Fedor Emelianenko and our challenger awaited us.

BILL AND JASON

GETTING ON TRAIN IN

MOSCOW STATION

10000 - 10315

BILL: You know I bet you a lot of people wonder what we do before a fight, it's usually travel ten hours on a train, don't sleep, get really uncomfortable and then try to whip some guy's ass in a sport that we've only been practicing for a week.

JASON: Yeah, this isn't the Hyatt by

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VIDEO

AUDIO

**any stretch of the imagination, it's
seven days a week, sleep a few hours,
travel some more, train and then get
beat up.**

The next morning we arrived at the Training Sports Center at Belgorod University where 100 Junior champions from all over Europe and Russia, aged 18 – 20, have come to compete in ten different weight classes.

SAMBO COMPETITORS FIGHTING

We reconnected with the world's greatest fighter, Fedor, who as promised, introduced us to one of his key students for some combat. He is Alibekov Asmyatilo, a six-foot four-inch, 225-pound regional champion from Saratov, Russia, who had the wingspan of a small plane.

11000 - 11238

BILL: Fador.

(Male): How are you?

BILL: Good.

JASON: So I take it this is our guy?

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VIDEO

AUDIO

(Male): Yeah, (can't understand) fighting.

JASON: You are tall man, holy crap.

BILL: He's a big guy.

11000 - 11238

(Male 2): He had six fights amateur, um, ah, combat sambo.

BILL: Is there a professional combat sambo?

(Male 2): (speaking Russian)

(Male -Fedor): Yeah, me.

BILL: Oh.

JASON: We got some English out of Fedor on that one.

Fedor says Alibekov has studied Sambo

since age 12 and that his key strengths

are his stand-up strikes and kicks. Now

it was time to decide which one of us

was going to fight the Russian giant.

BILL AND JASON MEET FOR PRE-FIGHT

STRATEGY SESSION

10527 - 11446

JASON: What'd you think man?

BILL: Well he's definitely too big for you.

JASON: Yeah, you think?

BILL: Well, do you feel like eating jabs all day?

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AUDIO

JASON: Yeah, you know what, I don't like big dudes.

So Bill it was. But we needed a good strategy – Alibekov had eight years of Sambo training and was a regional champ. Bill had one week of training and no previous Sambo fights.

11716 – 12052

BILL: This guy's tall, he's got good jabs, he can stay outside, I don't want him to stay outside, so hopefully I can grip him up, take him to the mat.

12052 - 12432

JASON: You're gonna clinch, he's not gonna be able to do any damage with his strikes, he's not gonna be able to submit you on the ground, you're so much stronger than he is.

**BILL DOING WARM UP SPARRING WITH JASON IN LOCKER ROOM
CHALLENGER ENTERS RING**

BILL ENTERS RING

The referee explained the rules: two rounds - two and one half-minutes for each round. The winner will be declared on points, unless there's a knockout.

FIGHT/ROUND ONE

BILL VO: I wanted to get inside those long arms. My training taught me to grab the sleeves on the GI and try to get him

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VIDEO

AUDIO

to the mat with some leg sweeps. And I felt pretty good about driving him into the mat with a double shoulder lock and later, pinning him with a neck submission hold.

12432 – 12812

To Editor: Choose best quote to fit the visuals!

JASON: There you go Bill. Foot sweep on the right....stay busy in that clinch, you're strong, just stay nice and busy.... Let's go, keep that jab working, double up on that jab....when you get inside there, throw some knees..Bill work the body a little bit..throw some punches and kicks

END/ROUND ONE

**STRATEGY TALK WITH
JASON AND BILL**

JASON: You have strength on him....if you do go to the ground ..look for submissions, okay, soon as you clinched, throw those knees, punch.

BEGIN/ROUND TWO

BILL VO: When I came out, I really wanted to loosen him up with a strike and send him to the floor. When that didn't work, I kept up a barrage of knee kicks, leg sweeps and clinches that I learned from my Sambo instruction.

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AUDIO

Finally, I got in a really good hip
throw and slammed and held him to the
mat.

12812 - 13158

JASON: Punch, punch, let's go. Mix it
up, mix it up....finish it Bill. Put your
elbow over his head..deep and
high..explode into that....take him down,
take him down.

END ROUND TWO

13158 - 13546

JASON: We're going to get lynched on the
way out of here.

BILL: I've never felt so hated in my
life.

13546 - 13756

BILL: I did what we call in fighting is
closing the distance, every time he
started nailing me with a jab I came in,
got a hold of his GI and took him down.

REF HOLDING UP BILL'S
VICTORY ARM

BILL VO: I felt pretty dominant in the
fight and knew I was ahead on points.
The referee confirmed it - I won 9 to 0.

13546 - 13756

BILL: So what'd you think? Okay?

BILL APPROACHES

(Male 2): Okay.

ABILEKOV

BILL: It's always fun punching me in the
face isn't it? Yes.

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AUDIO

13756 - 14009

(Male 2): Yes.
But Abilekov had a few more specific things to say about the fight.

(Male 2): (speaking Russian)

(Male): Well he said that Bill well done, you're a good wrestler, ah, you punch good, work with your hands, ah, concerning my technique, ah, just...you have to ask my coach.

BILL: That's when you know your coach is pissed off at ya when they say ask the coach, I've been there brother. Okay?

(Male 2): Okay.
BILL WALKS AWAY FROM ABILEKOV AND MEETS WITH JASON

14009 - End

JASON: Nine to zero, good job buddy.

BILL: Thanks man.

JASON: That's right, finally your first Human Weapon win.

14009 - End

BILL: We've been to Red Square, we've been to the Spetsnaz camp, we've been all over the place and Russia is an awesome place to learn martial arts.

14009 - End

JASON: The combat sambo training that they have here is indicative of MMA, it has so many different elements that even if you're not great at sambo, but you still are good at other things like striking or in Bill's case wrestling

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VIDEO

AUDIO

it's gonna carry over.

14009 - End

JASON: Time for some vodka.

Our journey to Russia really showed us the versatility and the toughness of the Sambo fighters. The emphasis on training, on the mechanics of each move, and their all-around skills make some of these martial artists the best in the world. And we'd seen how a secret, lethal combat system founded amid revolution and war, eventually became a popular, and highly competitive sport. Through our fight and intense training we tested ourselves and found the very heart of Mother Russia.

END ACT FIVE