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## **"Sambo: self-defense in safety. How to protect yourself from possible injuries and make every training useful."**

Sports, especially martial arts, have always been a danger because of the possibility of injuries to the musculoskeletal system. That is why many people - friends, colleagues, parents of future fighters do not trust such activities, preferring something more quiet. But after all, life is life - you may be injured by playing chess too. So what now, do not even look towards sports and martial arts? No, not at all. Sambo, for example, should (and sometimes must) be practiced by people of different ages and complexities, because this will not only teach a person to stand up for themselves in the face of danger, but also make them stronger physically and spiritually. With proper preparation for classes and traditional equipment, sambo lessons will become an exciting hobby for both a child and an adult. Most importantly, no one will worry about the condition of the fighter because from the very first day he or she will keep their trainings safe. So, now I will tell you how to practice sambo in such a healthy way and to use your maximum strength in training without any harm to your well-being.

To start with, a bit of science to understand what we are mainly dealing with. Trauma is a damage, which is understood as a violation of the anatomical integrity or physiological functions of the organs and tissues of the human body, resulting from external influences. When practicing martial arts, there are often so-called "mechanical" injuries (bruises, sprains, dislocations, fractures, tremors and compressions). To prevent this from happening, the fighter should learn the methods of self-guarding during kicks and falls, and also self-guard the partner in order to ensure his or her safety in performing complex tricks. Self-guarding is a technique of repelling strong impacts and a culture of correct falling onto the carpet after the performance of the trick. In addition, after having mastered the exercises on self-guarding, it is necessary to practice them at each training session to improve your flexibility and mobility in the main period of the fight. If, however, it happened that the fighter unsuccessfully made the

trick and got injured, it is also important to know what to do in order to reduce pain and speed up the healing process of the injury.

With bruises and sprains, it is worthwhile to ensure rest of the injured limb, and also to apply ice to prevent edema formation. In dislocations, it is necessary to completely immobilize the injured limb. It is extremely important to distinguish the dislocation from any other damage - when you dislocate an arm or a leg, it usually takes an unnatural position, and any movement is accompanied by severe pain. To reduce pain, it is necessary to give the patient any painkillers. Remember that only the doctor can fix the dislocation! Head injuries include concussion, compression and bruising of the brain. The compression and bruise of the brain are very rare. For the concussion of the brain, the common phenomena of the CNS disorders are characterized by loss of consciousness, vomiting, changes in the pulse and breathing rate. This happens most often with throws on the head. The patient feels dizzy, weak and often does not remember the incident that caused the damage. With a concussion of the brain, the victim's body should be placed obliquely - head above the trunk, a cold compress must be put on his head. Fractures are violations of the integrity of the bone, accompanied by hemorrhage in the area of the damage. In such cases, depending on the site of the fracture, it is necessary to fix the injured limb - apply a splint to the fracture of the hip, shin or shoulder, then bandage. Be sure to seek medical help - in this case, setting a plaster cast by a specialist is required.



Now some information about what is required to prevent injuries in training, as well as to maintain good health in the period of sambo lessons. First of all, the coaches explain to the beginning athletes the rules and techniques of fight, and then they teach the basic techniques, including the self-guarding described above. All teachers of sambo know them very well, so do not neglect the recommendations and advice received during the very first lesson. It is also

very important to warm up before the fight. Preheat the muscles and ligaments, stretch them with special exercises. This is also taught at the beginning of the training by the coach. Next, with each activity, you develop a useful and necessary habit.

During breaks, you should restore breathing, drink some water, then proceed to the next part of the workout. Remember that you cannot sit with your back facing the carpet! (Someone may accidentally kick or fall onto you while you do not see them). To provide yourself with energy and a mood for training, you should have a correct diet - do not abuse very sweet or salty foods before training, and do not drink a lot of coffee, so you will save yourself from rapid dehydration. It will be better if 2-3 hours before the training you will treat yourself with dishes of meat, vegetables and fruits - they contain a lot of proteins and complex carbohydrates. Throughout the day, drink clean water so that you do not feel very thirsty during training, and also cleanse your body of toxins.

Finally, let's move on to the most important - the sambo fighter's outfit. It includes only the most necessary parts. Shorts and a sambo-jacket are clothes, an athlete's uniform. The jacket is made of a solid, durable material, with the help of which the athlete can easily perform tricks of captures and throws. Sambo-jacket – “Sambovka” is fixed on the body with a special belt. On the legs of the fighter there must be special sambo shoes, so-called “Borconki” or “Sambetki”. They prevent sliding on the carpet and protect the feet and ankle joint. When practicing combat sambo, you should also use a special protective helmet - it will protect your head from damage, significantly reduce the likelihood of craniocerebral trauma and protect your ears from fracture.

