



Pankration: The Traditional Greek Combat Sport & Modern Martial Art

Jim Arvanitis

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Black Belt Magazine called Pankration "the most practical street combat form of the martial arts that I have ever seen". Throughout this fascinating and completely updated volume, Jim Arvanitis provides extensive insight into the facts and myths of pankration's early history (including its inclusion in the earliest Olympic Games), its techniques and strategies, and its impact on today's martial arts.

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