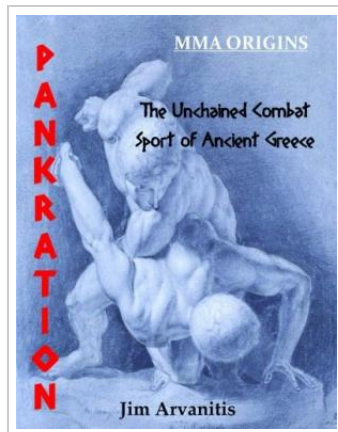



[DOWNLOAD](#)


Pankration: The Unchained Combat Sport of Ancient Greece (Paperback)

By Jim Arvanitis

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.PANKRATION: The Unchained Combat Sport of Ancient Greece is a fully illustrated guide to what was the cornerstone of the early Olympic Games and Panhellenic festivals. It examines the brutal blood sport based on the author's more than forty-five years of research and practice. Considered the precursor of today's mixed martial arts cage competitions, many historians also contend that pankration laid the groundwork for the development of Asian karate and kung-fu, as well as other fighting styles throughout the world. The content traces pankration's historical origins in mythology and on the battlefield where it was known as pammachon, to its transformation and prominence as an Olympic spectacle. It also explores combat sports of earlier civilizations such as Egypt, Minoa, and Crete as well as the adoption of pankration by the Romans. Greek boxing, wrestling, and hoplomachia (weapons competition) along with the bloody gladiatorial contests of the Imperial Period are also detailed. Tournament rules, an analysis of pankration techniques, and training methods are covered along with a listing of all the Olympic pankration champions from its inception in 648 B.C....



[READ ONLINE](#)
[9.22 MB]

Reviews

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.

-- **Rachelle O'Connell**

This pdf will be worth buying. Better then never, though i am quite late in start reading this one. I am easily can get a enjoyment of reading through a published book.

-- **Paul Ankunding**