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By Jim Arvanitis .pdf**

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the Romans had adopted the Greek combat sport including competitors in modern mixed martial arts competitions. Pankration Traditional

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This book is a rewrite and expanded version of Mr. Arvanitis's previous book on Greek pankration. There are additional photos and new sections included.

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Internationally known as the Father of Modern Pankration, Jim Arvanitis, the Black Belt Hall of Fame 2009 Instructor of the Year, contends that be it a front

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Author: Jim Arvanitis Publisher: PALADIN PRESS, Mar 2009

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is the birthplace of both martial arts and combat sport. The Traditional Greek Combat Sport and Modern founder of modern pankration, Jim Arvanitis:

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Jim Arvanitis is the author of Pankration The Traditional Greek Combat Sport & Modern Martial Art: The Traditional Greek Combat Sport and Modern Martial Art 0.0

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Jim Arvanitis is a Greek-American martial artist and professional trainer of Mixed Martial Arts/Hybrid Reality Combat based on the pankration martial arts and

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