



## Sciamachia: Sciomachia

By Gregory Zorzos

Createspace, United States, 2009. Paperback. Book Condition: New. 203 x 133 mm. Language: English, Greek . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ancient Hellenic martial art of Sciamachia or Sciomachia is the fighter that fights with an imaginary enemy in ancient Greek times has described in this unique research of Gregory Zorzos from the ancient times until today. Today this battle is called sciamachia, sciomachia, forms, kata, poomse, tul, hyong, hyung, taeguk, forms, template, model. The one part of Pammachon is known in many names today such as: Pangkration, Pancraio, Paradosimos, Pankration, Pancratium, Pangratius, Pankration, Pancrace, Pankratos, Pancrazio, Pagation, Pangration, Sanda etc. Research includes many ancient scripts from ancient texts from many countries and many archeological items from many places. The analysis proved that all modern martial arts of the world have their roots from the ancient Hellas. Some parts of Pankration consists today's martial arts such as Grapple Submission, tug-of-war, sumo, kickboxing etc. and the author has wrote some specific books on this parts of Pankration.



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