



The First Mixed Martial Art: Pankration from Myths to Modern Times

Jim Arvanitis

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Detailing the evolution of the Hellenic combat arts, this handbook chronicles the history behind the art of pankration. Beginning with the myths and traditions behind the art's development, this examination also touches on pankration's modern methodology and techniques, fully explained in illustrative photographs and easy-to-follow captions. Revealing and informative, this exploration is a must-have for mixed martial arts and pankration practitioners as well as Ultimate Fighting Championship fans.

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