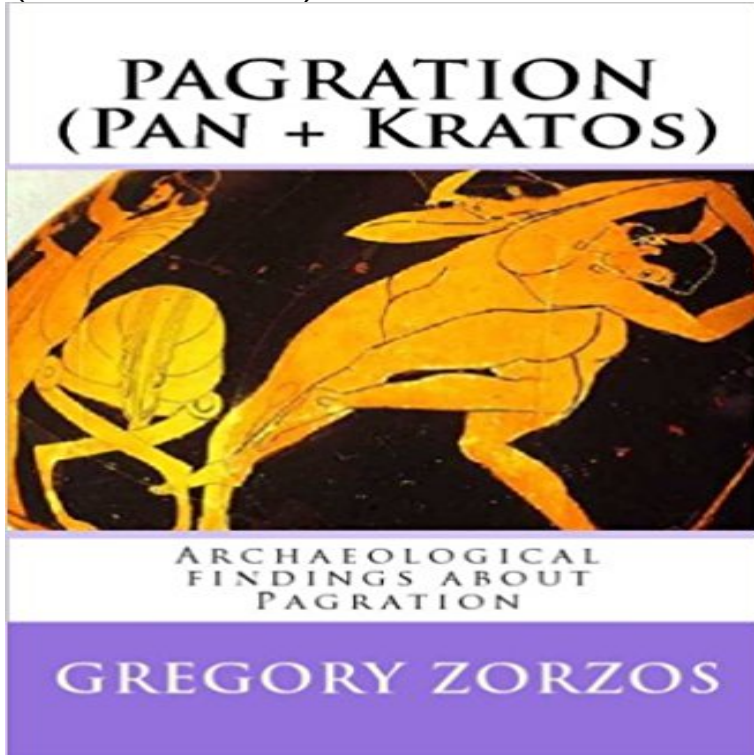


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The ancient Hellenic martial art of Pankration has been described in this unique research of Gregory Zorzos from the ancient times until today. It is known in many names today such as: Pangkraton, Pancraio, Paradosimos, Pankration, Pancratium, Pangratius, Pankration, Pancrace, Pankratos, Pancrazio, Pagrations, Pangrations, Sanda etc. The analysis proved that all modern martial arts of the world have their roots from the ancient Hellas. Some parts of Pankration consist today's martial arts such as Grapple Submission, tug-of-war, sumo, kickboxing etc. and the author has written some specific books on these parts of Pankration. Mr. Zorzos was founder of the Pangrations Federation and also the President of the Historic Committee. This work has been approved from the Ministry of Culture and the Hellenic Army. This research has been awarded: WRITER OF THE YEAR AWARD, Mr. Gregory Zorzos, Historian Author of The Hellenic Martial Arts, Pammachon and Pankration.

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