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### **Jim arvanitis (author of pankration)**

Jim Arvanitis is the author of Pankration (4.00 avg rating, 5 ratings, 0 reviews, published 2003), The First Mixed Martial Art:

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to create a broad fighting sport very similar to today's mixed martial arts Amateur pankration" was first introduced to the martial arts Arvanitis

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a discipline known as the Pankration. Jim Arvanitis, states that Pankration is the first type of mixed martial arts of which we know.

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trainer of Mixed Martial Arts/Hybrid first unveiled to mainstream martial arts in 1973 when arts community who felt that pankration was too

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