Section 1 Russia sports

One of Russia’s sports are sambo, was created in Russia for self defense and to improve hand to hand combat. Sambo the word means self defense without weapons.

Sambo’s early developed by Vasili Oshchepkov and Viktor Spiridonov.

Another Russia sport is hockey Russia’s cold climate makes it good to play hockey. The Russian’s hockey team is the best in the world. Several Russian hockey players have played on American and Canadian leagues these players are Pavel Bure, Skava Fetisov, Alexander Mogiliny.

Section 2: food

Russia diets contains of bread and cereal kasha, a cooked breakfast cereal made of buckwheat. Russians also eat a bunch of potato’s, cabbage, and fish. Most Russians drink milk and tea. Adult’s drinks a kind of beer called kvass Russian adults are big fans of vodka. It isn’t hard to find MC Donald’s or pizza hut in big towns in Russia. China introduced tea to Russia in the early 17th century. Russian tea cakes include 1 cup of butter 1 teaspoon vanilla 6 table spoons + 1 cup chopped walnuts and that’s how you make Russian tea cakes.

Section:3 Russian SUPER HEROES

In Russia there is a superhero team named the winter guard. Darkstar is the style of black widow, Crimson Dynamo the Russian iron man and Red Guardian the Russia caption America and ursa major **The winter guard** is a fictional team of Russian superheroes in the Marvel Comics universe. The winter guard is the Russians answer to avengers. The winter guards first appearing was in Kurt busiek the run of iron man.

Russian winter holidays

Many people in Russia celebrate two Christmas one at the end of December and one in the middle of January. The first one celebrated is on December 25 the Catholic day; the second one that is celebrated is on January 7 a traditional Orthodox celebration. The first Christmas on December 25 does not have much religion. This first charismas is not like a family holiday most will spend this holiday with a group of friends talking and having a quiet meal. The second Christmas on January 7, this is the real Russian Christmas. For lots of families this is the real family Christmas which is celebrated with an extending family with a large meal.