



# The Russian System Guidebook (Based on the training of the Russian Special Forces)

By Vladimir Vasiliev

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Systema is a Russian martial art. Training includes, but is not limited to: hand-to-hand combat, grappling, knife fighting, and firearms training. It focuses on breathing, relaxation, and fluidity of movement, as well as utilizing an attacker's momentum against him and controlling the six body levers (elbows, neck, knees, waist, ankles, and shoulders) through pressure point application, striking, and weapon applications.

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