

# THE RUSSIAN SYSTEM GUIDEBOOK

BY VLADIMIR VASILIEV



Based on the training of the  
Russian Combat Masters

# The Russian System Guidebook

**Yan Bai**



## **The Russian System Guidebook:**

**Black Belt** ,2000-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Sambo and Systema: Russia's Prominent Martial Arts Michael DeMarco, M.A.,2016-07-18 Russia is rich in martial traditions deriving from a highly diverse population Sambo developed by the Soviet Red Army became the most recognize martial art associated with Russia mainly because of its presence in international competitions Another style to become recognized for its great practicality and encompassing training regimen is Systema Originally created for Russian Special Operations Units Systema s teaching gradually spread world wide after the fall of the Soviet Union in 1991 This anthology contains writings about Systema and Sambo that present essential information for anyone interested in the history theory and practice of these combative systems In the first chapter Kevin Secours shows that ground fighting and grappling are necessary components of a complete tactical arsenal Specific emphasis is on the role of defending the takedown in a modern survival scenario In chapter two he summarizes the prevailing theories and findings pertaining to the science of fear as it relates to surviving violence How these findings have been interpreted by modern combative systems in the West are compared with approaches to the traditional Russian martial arts and their application in the Russian Special Forces The next three chapters focus on Sambo Jacques and Anderson detail the historical development of Sambo Vasili Sergevich Oshchepkov a student of Jigoro Kano and Victor Spiridonov worked to develop this combative system However despite the judo jujutsu influence Sambo was born of native Russian and other regional grappling and combat wrestling styles bolstered with many useful and adaptable concepts and techniques from the rest of the world This chapter presents details of the early development up to recent times The fourth chapter by Polyakov Yankauskas and DeRose focuses on some of the fundamental techniques that are legal for Sambo competition The purpose of this study was to examine and compare the most successfully used submission techniques of three of the greatest figures in the history of sambo competition Michael Burdikov Alex Feodorov and David Rudman Sambo has become well known largely due to the success of Sambo fighters in various mixed martial art venues Stephen Koepfer s final chapter offers a description of its development as well as a delineation of one of Sambo s hallmark strategies offensive rolling Examples of proper forward rolling and three related offensive techniques are presented May readers of this anthology come to appreciate the great depth of Russian martial traditions and the unique developments that emerged in the arts of Systema and Sambo

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**their interaction with materials** Dieter Behrens, 1989

The book delves into The Russian System Guidebook. The Russian System Guidebook is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into The Russian System Guidebook, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to The Russian System Guidebook
  - Chapter 2: Essential Elements of The Russian System Guidebook
  - Chapter 3: The Russian System Guidebook in Everyday Life
  - Chapter 4: The Russian System Guidebook in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of The Russian System Guidebook. The first chapter will explore what The Russian System Guidebook is, why The Russian System Guidebook is vital, and how to effectively learn about The Russian System Guidebook.
3. In chapter 2, the author will delve into the foundational concepts of The Russian System Guidebook. This chapter will elucidate the essential principles that need to be understood to grasp The Russian System Guidebook in its entirety.
4. In chapter 3, this book will examine the practical applications of The Russian System Guidebook in daily life. The third chapter will showcase real-world examples of how The Russian System Guidebook can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of The Russian System Guidebook in specific contexts. The fourth chapter will explore how The Russian System Guidebook is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about The Russian System Guidebook. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of The Russian System Guidebook.

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