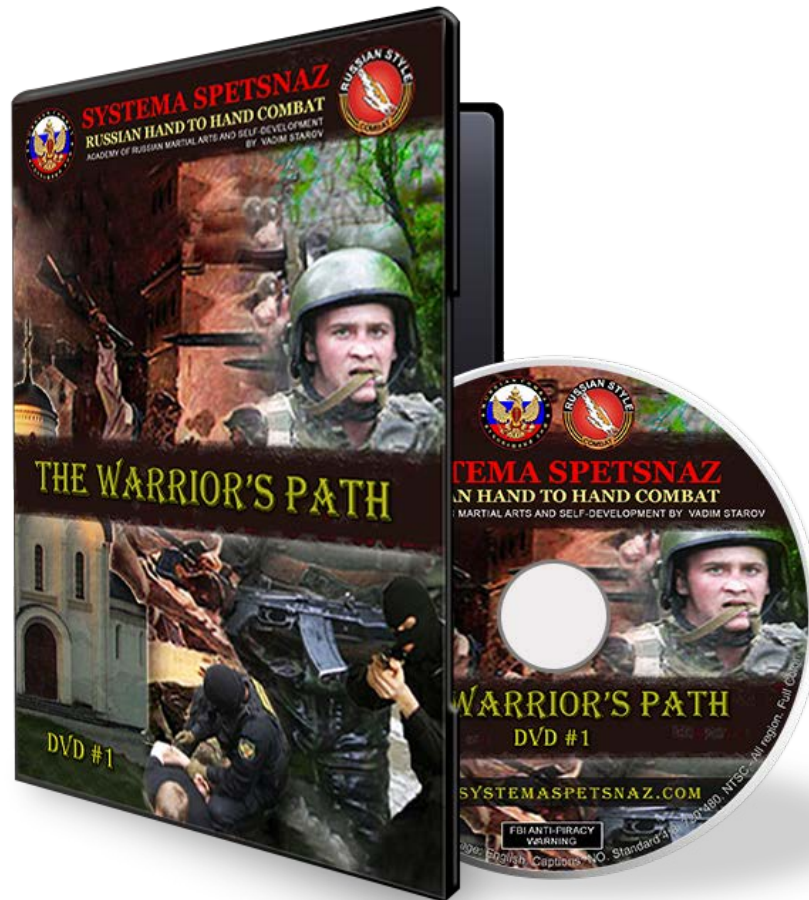


SYSTEMA SPETSNAZ DVD #1: THE WARRIOR'S PATH



Is the first released DVD in English about Russian Spetsnaz. Witness never seen before footage of secret training techniques of the Russian military in Hand to Hand Combat!

DVD CHAPTERS:

- Spetsnaz History
- Elements & Exercises
- Lower Acrobatics
- Working with Balance
- Grabs & Chokes
- Strikes - Punches - Kicks
- Weapons Self Defense
- Reserve Human Abilities
- Survival in Extreme Situations
- Spetsnaz Troops
- Internal Energy & Psychological Impact.

VIEW IT ON THE WEB: <http://www.russiancombat.com/systema-spetsnaz-dvd-1-the-warriors-path>

SYSTEMA SPETSNAZ DVD #2: SPETSNAZ TRAINING WORLD WAR II – PRESENT TIME



This DVD provides valuable knowledge of the Russian Spetsnaz mentality.

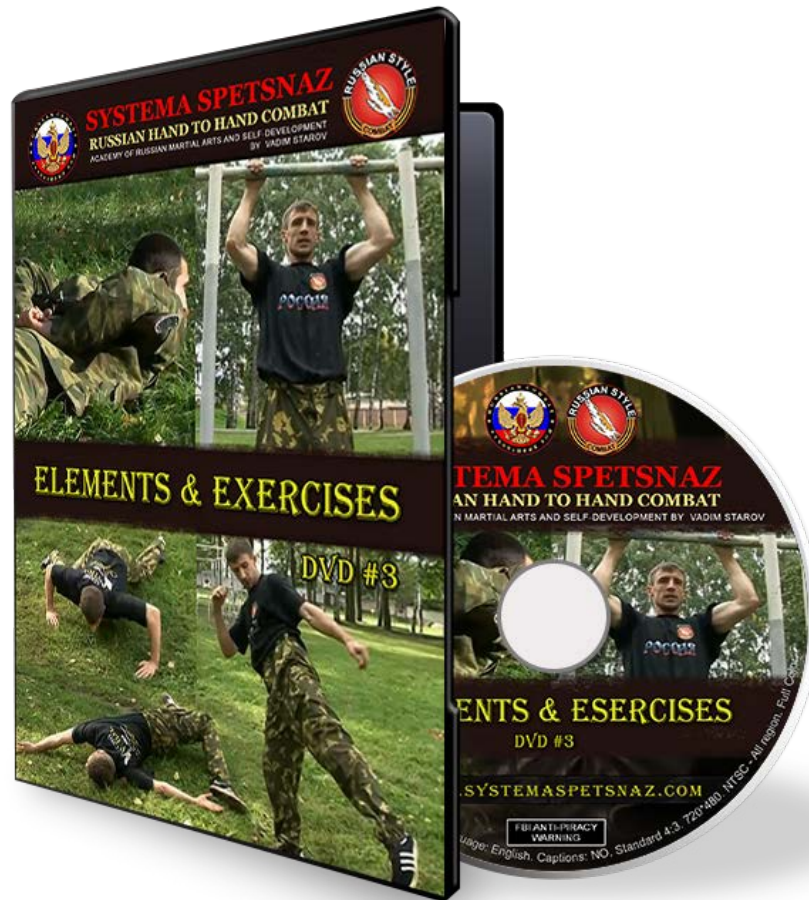
It teaches the personal qualities a soldier should develop to serve in a Special Forces unit.

It also includes the history of Russian Spetsnaz training for age-old Russian Martial Arts to the present, and unique documentary video excerpts of Russian Special Forces during World War II - under water, in a forest, during winter and windy conditions, maneuvers over the river and icy mountains, empty hand combat and weapons fighting.

A complete understanding of the Russian Spetsnaz psychology will benefit your fighting techniques and make your training easier and more effective.

VIEW IT ON THE WEB: http://www.russiancombat.com/Spetsnaz_Training_DVD_2_World_War_II_Present_Time

SYSTEMA SPETSNAZ DVD #3: ELEMENTS AND EXERCISES

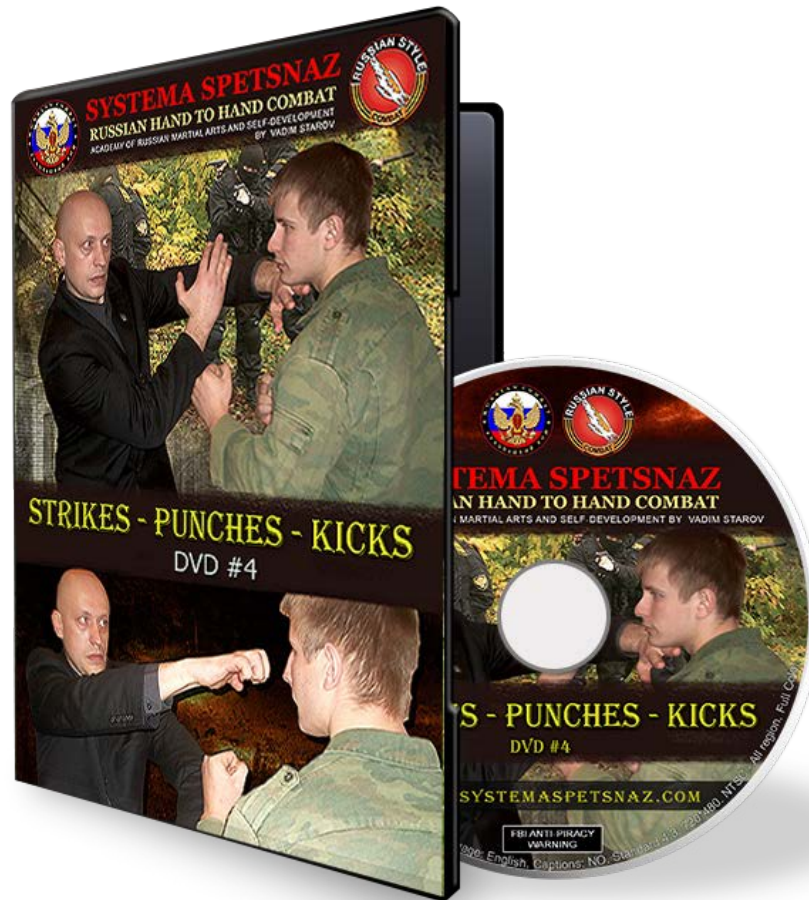


This is an Instructional Martial Art DVD to teach & improve the physical abilities of the student to achieve his/her best performance through:

- General Conditioning Exercises
- Special Combat-Training Exercises
- Pull-ups, Push-ups, and Circular Motion Exercises
- Power Development Complex
- Tension, Relaxation and Wave Motion Elements
- Developing Joints, Ligaments, and Tendons
- Stretching the Muscles, Building Strength and Endurance.

VIEW IT ON THE WEB: <http://www.russiancombat.com/systema-spetsnaz/dvd-3-elements-and-exercises>

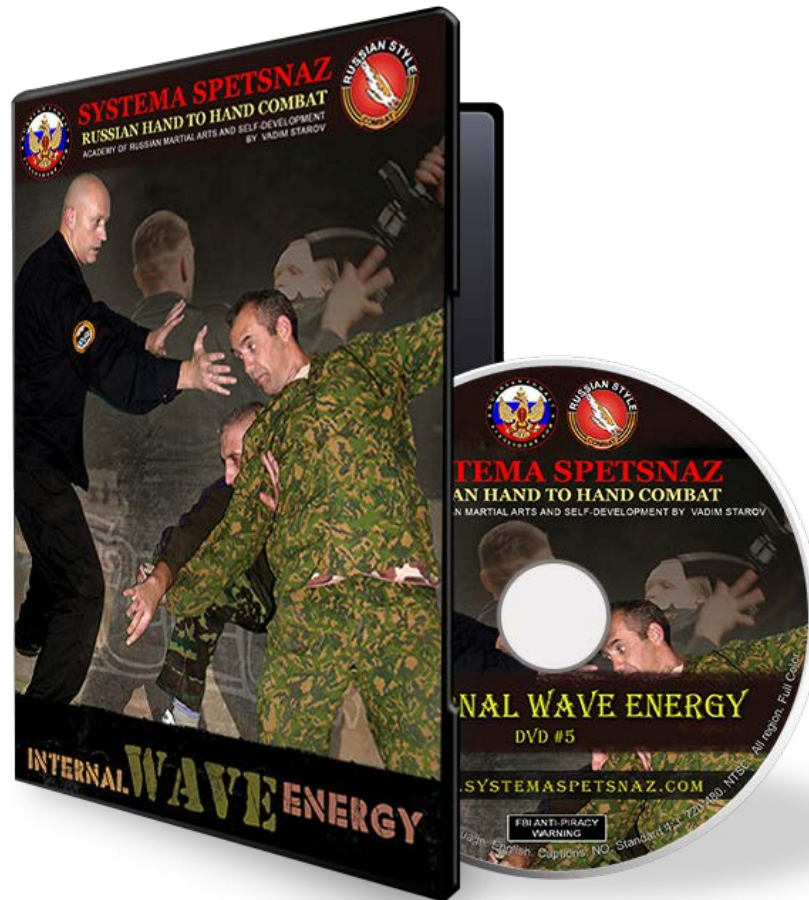
SYSTEMA SPETSNAZ DVD #4: STRIKES – PUNCHES - KICKS



- Learn Full Contact Shocking Techniques
- Main Principles of Strikes, Punches & Kicks
- Precise Fingers Strikes
- Wrist & Palm Strikes
- Elbow, Shoulder and Head Strikes
- Knockout Zones, Primary Striking Zones & Pressure Points
- Distracting & Improvised Strikes
- Multiple Strikes, Punches & Kicks
- Weapon Disarming Techniques

VIEW IT ON THE WEB: <http://www.russiancombat.com/systema-spetsnaz-dvds/strikes-punches-kicks>

SYSTEMA SPETSNAZ DVD #5: INTERNAL WAVE ENERGY



This is an instructional DVD for any Martial Artist to learn & develop Power Energy Strikes, Punches & Kicks using a limited amount of physical strength. Knowing how to form your wrist and fingers as well as where to deliver a strike is not enough. Learn how to use Figure 8 and Wave Motion to generate powerful internal penetrating strikes.

Through joint gymnastics and power exercises, you will strengthen your muscles, ligaments & joints as well as develop natural body flexibility. Through easy to follow joint tension techniques & wave motion exercises you will develop Powerful Strikes, Punches, and Kicks to control & overcome an attacker in extreme situations.

VIEW IT ON THE WEB: <http://www.russiancombat.com/systema-spetsnaz-dvds/internal-wave-energy>

SYSTEMA SPETSNAZ DVD #6: KNIFE IN CLOSE COMBAT



KNIFE IN CLOSE COMBAT is an instructional DVD for any martial artist, bodyguard or peace officer to learn and develop knife fighting techniques.

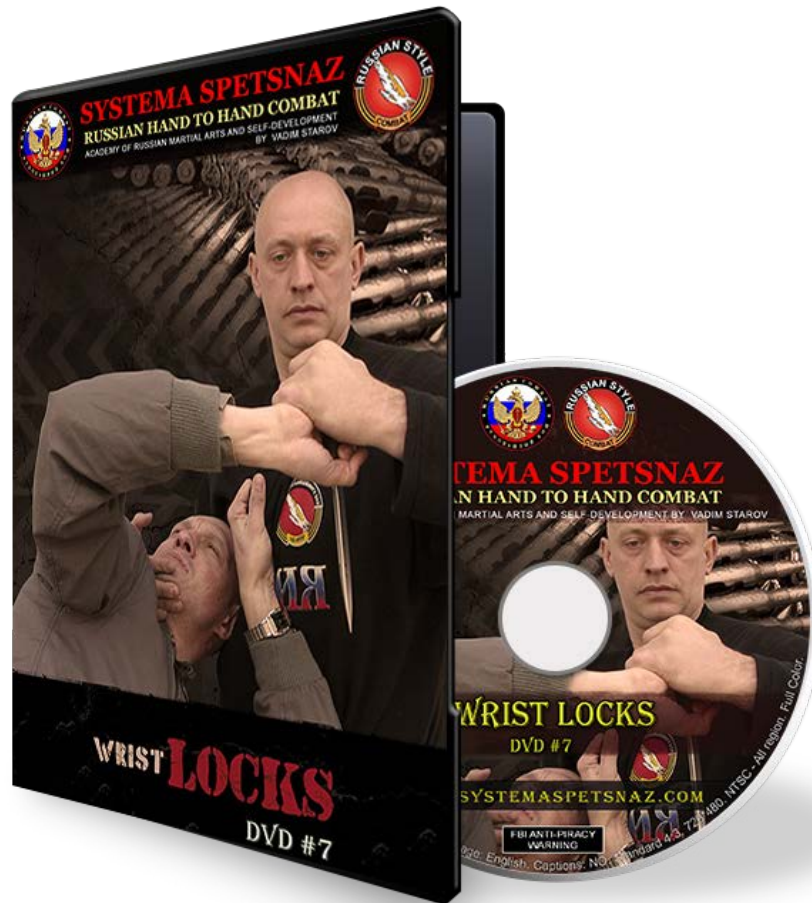
MASTER YOUR KNIFE FIGHTING TECHNIQUES: elements of disarmament, lever applications, redirection and evasion methods, knife combat and use of space and motion, striking techniques against various angle attacks.

DVD CHAPTERS:

- Main principles of knife fighting / knife self-defense
- Knife disarming techniques using a lever and the 3 planes concept
- Turning a knife against an opponent
- Body integration into the knife's plane
- Knife threats to arteries and neck
- The threat of a knife from behind
- Knife combat and knocking a knife out of the opponent's hand
- Psycho-energetic impact to the opponent's central nervous system
- The threat of a knife in everyday life.

VIEW IT ON THE WEB: <http://www.russiancombat.com/knife-fighting-techniques>

SYSTEMA SPETSNAZ DVD #7: WRIST LOCKS



Wrist locks, Joint locks and Finger locks techniques are vital skills in hand to hand combat to control an opponent as well as to release from grabs and holds.

Easy to follow concept of balance, speed and power levers as well as triangle principle will teach you how to effectively use joint locks in a close fight.

Learn how to control an opponent through the powerful principles of points of support and body rotation.

This instructional video is recommended for any martial artists, bodyguards and officers to develop numerous variations of joint locks, wrist locks and finger locks for close combat confrontations.

VIEW IT ON THE WEB: http://www.russiancombat.com/systema_spetsnaz_dvds/wrist_locks

SYSTEMA SPETSNAZ DVD #8: TAKEDOWNS



Takedowns are powerful elements of any combat applications.

In this DVD, Systema Spetsnaz presents methods of practical, easy to learn and adaptable takedown techniques for any martial art style or system.

Gain knowledge in the subjects of physiology elements of the human body, efficiency of levers, pivot point, 3 plane concept, footwork and use of body weight transfer during the close combat.

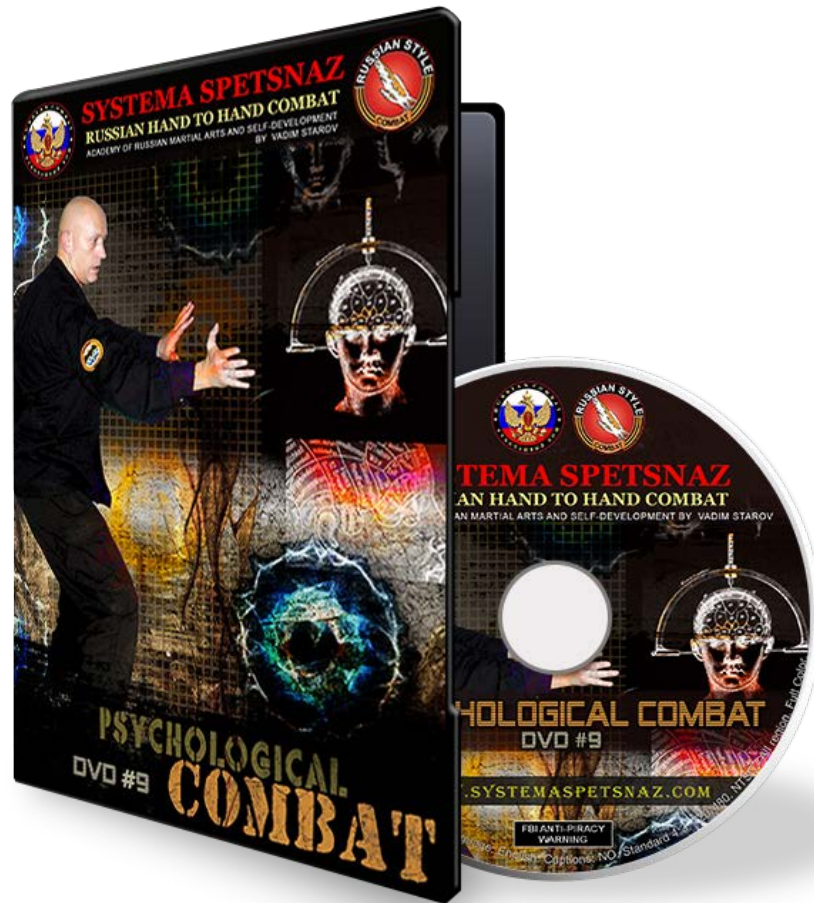
Learn how to apply combinations of disabling an opponent's degrees of freedom, joint locks & pressure points for effective takedowns in close hand to hand combat confrontations.

DVD CHAPTERS:

1. The Physiology of Movement
2. Locking an opponent's degrees of freedom
3. Finger locks and takedowns
4. Wrist locks and Takedowns
5. Elbow Locks and Takedowns
6. Pressure points
7. Working with body elements and directing body weight
8. Basic principles of no-contact combat

VIEW IT ON THE WEB: <http://www.russiancombat.com/systema-spetsnaz-dvd-8-takedowns>

SYSTEMA SPETSNAZ DVD #9: NO CONTACT PSYCHOLOGICAL COMBAT



There are many myths and arguments about No Contact Combat. How do you reveal, release and develop your hidden reserve abilities? **What is No Contact combat?** When was it discovered and where did it come from? **Who can learn No Contact combat** and where can you start?

This DVD will provide the answers to these and many other questions, as well as present theoretical explanations and practical exercises of No Contact Combat. You will learn how to create psychological rapport and control an opponent's movements, how to create and break an invisible connection with an opponent's mind, and why a person loses his balance and becomes controllable.

No Contact combat is the highest mastery of martial arts. This film is a step on the path to learning it.

DVD CHAPTERS:

1. The history of No Contact combat
2. Psychological training
3. Theory of No Contact combat
4. Physiological influence
5. Psychological influence
6. Working with energy (passes).

VIEW IT ON THE WEB: <http://www.russiancombat.com/systema-spetsnaz-dvds>

SYSTEMA SPETSNAZ DVD #10: ENERGY STRIKES



Energy Strikes are powerful, penetrating strikes that go through the opponent's body simultaneously in 3 directions. Energy strikes are formed through breathing, rotation and transferring body weight. The entire body takes part in the strike. Wave motion is one of the key elements in self-defense of Systema Spetsnaz. It creates the powerful energy that starts from the feet, goes through the thighs and exits through the wrist.

Your opponent will not have any chance of resisting such a powerful strike!

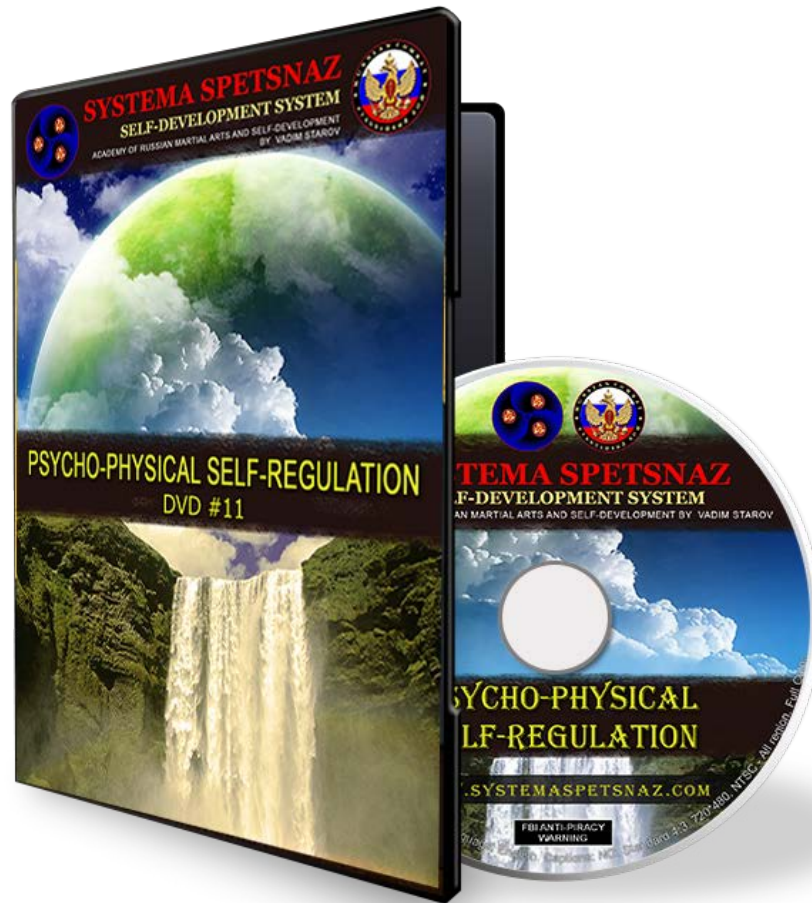
This instructional DVD describes in detail how to form energy strikes and which exercises are necessary to practice effective, real life, street self-defense.

DVD CHAPTERS:

1. Breathing alignment
2. Various types of strikes in self-defense: linear strikes and punches, open palm strike, strike with the edge of the hand
3. Development of energy strikes
4. Systema energy strikes in details: cross principle, rotation at the point of contact, penetrating strikes – releasing body weight, direct strikes, diagonal extending strikes, multiple strikes
5. Elbow, shoulder, and wrist strikes
6. Finger and Knuckle strikes
7. Use of strikes in self-defense (real-life situations)

VIEW IT ON THE WEB: http://www.russiancombat.com/systema_energy_strikes_DVD_10

SYSTEMA SPETSNAZ DVD #11: PSYCO-PHYSICAL SELF-REGULATION



Relaxation and Proper Breathing are the foundations of Systema Spetsnaz self-development training. In order to control an opponent's energy, the first step is to learn how to generate and manage your own internal energy. This would not be possible without knowledge of breathing methods and self-regulation techniques. This DVD is must for any martial artists who want to explore his/her inner world and learn self-defense within the energy correlation.

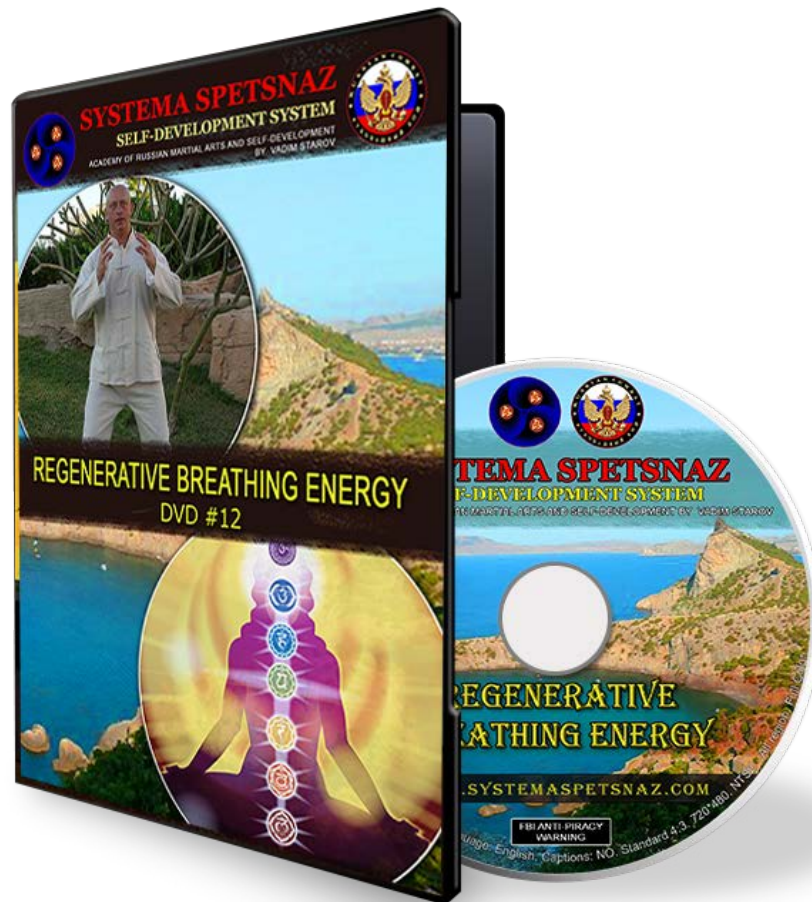
This self-development DVD will teach you:

- Deep Abdominal Breathing
- Direct Upward Breathing
- Triple Furnace Breathing
- Breathing Along The Big Orbit
- Restorative Breathing
- Breathing and Movement Correlation
- Tension & Relaxation Complex
- Altered State Of Consciousness.

VIEW IT ON THE WEB:

<http://www.russiancombat.com/self-development/systema-spetsnaz-self-development-dvd-1>

SYSTEMA SPETSNAZ DVD #12: REGENERATIVE BREATHING ENERGY



It has been established that an adult inhales and exhales on average 15 times per minute. Breathing does not stop from the time a person is born to his death. Irreversible brain damage begins after 5-7 minutes without breathing.

Luckily, breathing is one of the few abilities of the organism that can be controlled consciously.

There are upper, middle, lower and full types of breathing. Which one is better? Which one do you usually use?

Some breathing types may result in serious physical or psychological illnesses. Therefore, it is very important to keep track of your breathing while working with energy, practicing martial arts or doing daily routines.

Regenerative Breathing Energy is the set of simple restorative breathing exercises that will help you to release stress and tension, increase healthy internal energy, and feel fresh, rejuvenated and powerful

VIEW IT ON THE WEB:

<http://www.russiancombat.com/self-development-dvds/self-development-dvd-2-Regenerative-Breathing-Energy>

SYSTEMA SPETSNAZ DVD #13: RENEWABLE INTERNAL ENERGY MASSAGE



With renewable internal energy self-massage you will open your body energy centers on your head, face, neck, arms, legs, back, and chest.

The rejuvenating complex will help you:

1. Activate your energy meridians
2. Reveal, increase and control the flow of your internal energy
3. Release stress and toxins from your body
4. Positively influence the function of your internal organs, such as heart, liver, kidney, and lungs
5. And allow your internal energy to flow freely within your inner self.

For the best result - practice this energy massage twice a day every morning and evening for at least 90 days, gradually increasing each exercise from 3 to 6, 9, 12, 24, and 36 times.

VIEW IT ON THE WEB:

<http://www.russiancombat.com/renewable-internal-energy-massage>

SYSTEMA SPETSNAZ DVD #14: POWERFUL JOINTS



POWERFUL JOINTS = COMBAT MASTERY!

This joint development DVD is designed for joints flexibility and strength, which are necessary for hand to hand combat, as well as physical and spiritual self-development. Joint exercises will help you relieve stress in your body and open energy channels to create physical, psychological, and energy integrity.

Wave motion exercises will help you to strengthen the back and stomach muscles, remove calcium deposits, increase the spine's flexibility, normalize the nervous system, rejuvenate the entire body, increase life spirit, improve mood and provide a rush of alertness and strength.

As a bonus, we added a special set of exercises called "body sounds". By saying certain sounds in a certain pose, you can cleanse your internal organs, specifically your liver, heart, spleen, lungs, and kidneys. On the energy-psychological level, this will help you to release anger, anxiety, and fear and replace it with inner peace, strong willpower, and self-confidence.

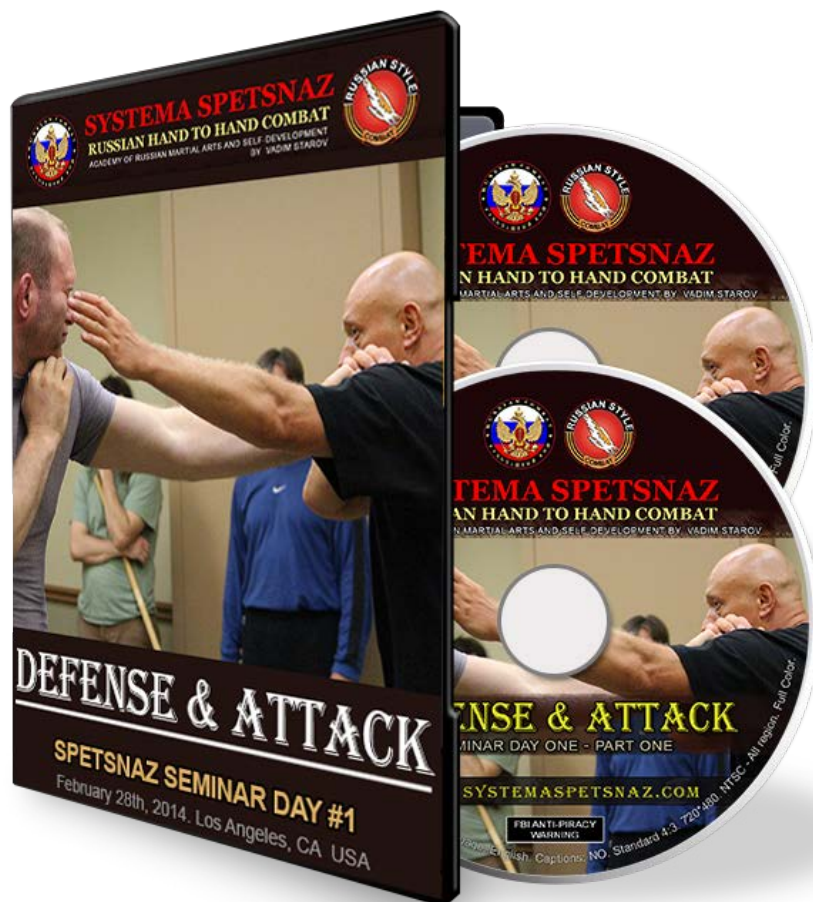
DVD CHAPTERS:

1. Goals of joint development exercises
2. Activation of upper joints
3. Wave motion
4. Activation of lower joints
5. Restoring balance
6. Body sounds (lungs, heart, liver, kidney, spleen)

VIEW IT ON THE WEB: <http://www.russiancombat.com/powerful-joints>

SYSTEMA SPETSNAZ DVD #15: DEFENSE AND ATTACK (2 DVD SET)

SYSTEMA SEMINAR DAY #1



Learn Systema Spetsnaz together with seminar participants:

1. Primary movements in hand to hand combat
2. Striking techniques (including energy strikes)
3. Knife combat (slash and stab), knife disarming techniques
4. Self defense using a stick and a sword
5. Defense against a pistol
6. Mastering combat skills by synchronizing the left and right hemispheres.
7. Advance combination of defensive and attacking techniques
8. Self defense against grabs
9. Finger locks and wrist locks
10. Takedown techniques using three planes concept
11. Linear, circular and spiral rotation in combat
12. Pressure points and primary striking zones
13. Coordinating leg and arm movements
14. Creating a psychological combat trap by copying and mirroring the opponent (unique Systema Spetsnaz concept)
15. Aligning with the plane and leaving the line of attack
16. Developing physical power and endurance
17. Self defense against multiple opponents
18. Restoring breathing and Energy channels activation

VIEW IT ON THE WEB: <http://www.russiancombat.com/watch-online/spetsnaz-seminar-part-1>

SYSTEMA SPETSNAZ DVD #16: COMBAT FLOW (2 HOURS DVD)

SYSTEMA SPETSNAZ SEMINAR DAY #2



The second day of Systema Spetsnaz seminar is dedicated to knife fighting and internal energy in hand to hand combat. Based on knife techniques you can learn the most important elements of close combat such as footwork, body rotation, strikes, defense from strikes, escapes from grabs and counter-attacks.

MASTER YOUR HAND TO HAND COMBAT SKILLS TOGETHER WITH SEMINAR PARTICIPANTS!

- Gain knowledge of entering the state of combat trance, generating and releasing internal wave energy
- Learn about the importance of catching your opponent's movements, speed, breathing and energy through exercises of copying your partner
- Discover the powerful defense and counter-attack principle of "reverse mirror"
- Develop your joint flexibility and use it to escape from grabs and holds
- Master the five main keys of combat motion: linear, triangular, circular, spiral and figure "eight" movements
- Improve your striking technique through knife fighting (combining stab and cut in one motion, dodging knife strikes)
- Learn life-saving techniques of fighting on the ground, avoiding kicks, using incoming force for self-defense (resistance vs. combat flow)
- Sharpen your hand to hand combat skills against a stronger opponent
- Find out how to determine the best striking points and the easiest way of setting a combat distance to redirect an unexpected attack.

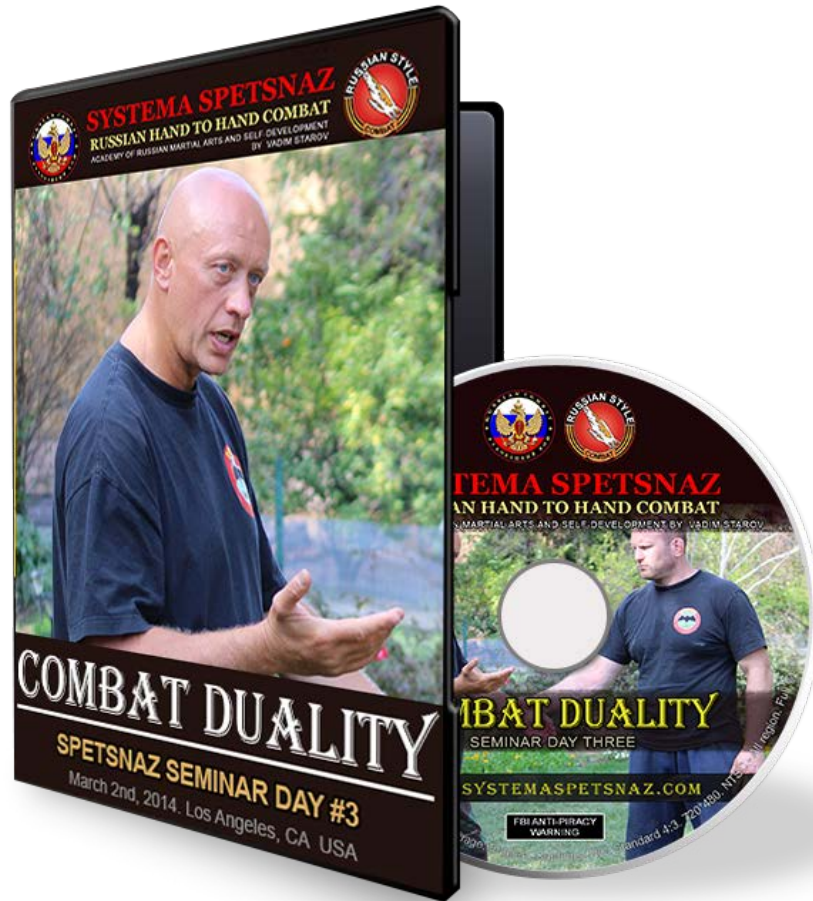
As a bonus, we added a few powerful variations of self-defense against kicks!

Running Time: 2 hours 8 minutes.

VIEW IT ON THE WEB: <http://www.russiancombat.com/watch-online/spetsnaz-seminar-combat-flow>

SYSTEMA SPETSNAZ DVD #17: COMBAT DUALITY (2 HOURS DVD)

SYSTEMA SPETSNAZ SEMINAR DAY #3



Russian Spetsnaz Training: Seminar Day III - Combat Duality:

- Discover hidden combat power with relaxation techniques
- Learn how to take a force and redirect it
- Gain knowledge how to turn a regular object into a powerful weapon (a pen, a belt or anything else on hand)
- Russian Spetsnaz fighting in three dimensions
- Safe falls and fighting on the ground
- Using two forces and rotation to outfight your opponent
- One figure takedown techniques
- Two vital striking zones to survive in a real life situation
- The fundamental principle of absorbing a kick and using its inertia to defeat your adversary.

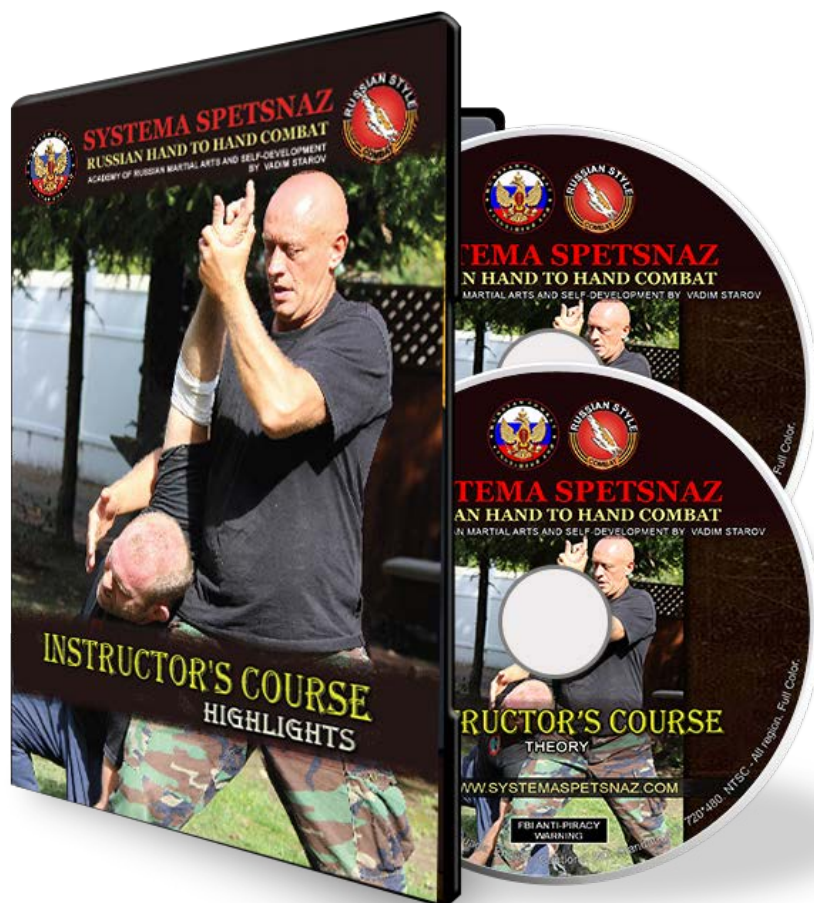
The third day of the Russian Spetsnaz Training is dedicated to strengthening the three senses and using them in self-defense – hearing, smell and touch. Harmonize the body, mind and spirit by practicing combat with closed eyes and performing deep hypnosis meditation.

Sharpen your Spetsnaz skills with seminar participants!

Running Time: 1 hour 54 minutes.

VIEW IT ON THE WEB: <http://www.russiancombat.com/russian-spetsnaz-training>

SYSTEMA SPETSNAZ DVD #18: INSTRUCTOR'S COURSE HIGHLIGHTS (2 DVD SET)



This Russian Spetsnaz video course is for those, who'd like to take an extra step and go deeper in mastering his/her combat skills. From three days of Instructor's seminar, we created a video course that contains combat exercises that you won't find in any other DVDs.

This video course is a unique combination of various aspects of Russian Spetsnaz training!

- Learn the major differences between the Russian Systema Spetsnaz style and other martial arts: what should you focus on, and how to avoid common mistakes to make your training more effective.
- Safe falling techniques: how to fall and roll on a concrete without hurting yourself.
- Development of flexibility: to better perceive your body and work with weapons (knife and gun)
- Combat with multiple opponents in a limited space
- Powerful strikes: triple strikes, cross principle, "bear paw" strikes, penetrating strikes
- Development of the inner energy & intuition: the "bridge" exercise
- Grabs, chokes and holds releases: famous Russian Spetsnaz "book" technique and knuckle strikes
- Testing knowledge in real situation: self-defense against an angry dog and biting techniques

And... a good sense of humor played a big part in this training.

Bring your practice to a higher level and have a lot of fun during the process!

VIEW IT ON THE WEB: <http://www.russiancombat.com/russian-spetsnaz-seminar>

SYSTEMA SPETSNAZ DVD #19: SIGHT POWER IN COMBAT. HOW TO IMPROVE EYESITE



How to improve eyesight?

How to use a sight power in combat to overcome an opponent?

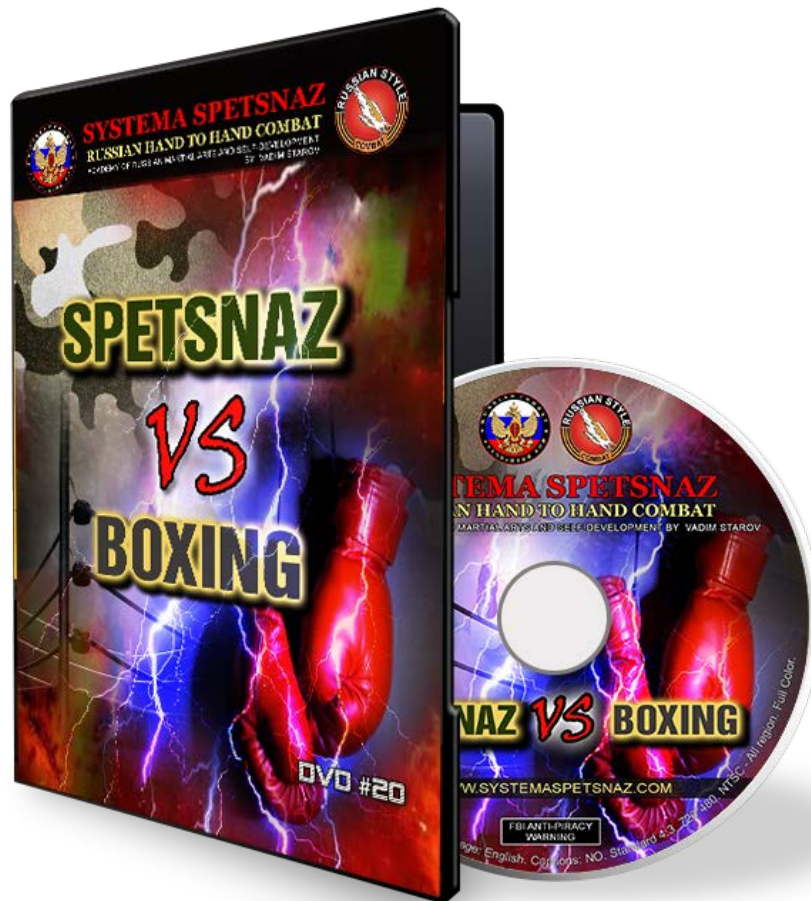
Watch this Self-Development DVD and you will:

- learn practical exercises of how to improve your eyesight within 30 days
- find out where to focus your sight during combat
- practice sending signals through eyes to control your opponent's mobility
- improve your fighting skills applying psychological elements through vision
- deliver an impact to the opponent's mind through your sight power

VIEW IT ON THE WEB:

<http://www.russiancombat.com/how-to-improve-eyesight-self-development-dvd>

SYSTEMA SPETSNAZ DVD #20: SPETSNAZ VS BOXING. HOW FIGHT AND BEAT A BOXER



In this Spetsnaz DVD, you will learn how to win against such a strong opponent as a boxer! The strike of a professional boxer is distinguished by its speed and target precision. Watch this DVD and gain priceless self-defense skills against an opponent stronger than you.

This Spetsnaz DVD is also great for boxers who want to enrich their knowledge and strengthen their combat skills. The knowledge of boxers' weaknesses will increase your chance of victory!

Watch examples of real sparring of Vadim Starov competing against professional boxers, karate experts, wrestlers and other fighters with 8+ years of martial arts experience.

As a bonus, we added a section of psychological aspects which many know as no-contact combat. You will learn how to create an invisible contact with your opponent and control his consciousness, changing the direction of his target.

PROFESSIONAL BOXER IS DEFEATED BY A SPETSNAZ FIGHTER.

WANT TO KNOW HOW TO FIGHT AND BEAT A BOXER?

WATCH THIS SPETSNAZ DVD AND SHARPEN YOUR COMBAT MASTERY!

VIEW IT ON THE WEB:

<http://www.russiancombat.com/spetsnaz-vs-boxing-how-to-fight-and-beat-a-boxer-dvd>

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2. DVDS: #15, #16, #17, #18 - \$79.95

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