



Systema: Russian Martial Art 25 Combat Drills

Matt Hill

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25 easy to understand and apply drills that can be used to improve your fundamental skill set, regardless of which Martial Art you practice.

The purpose of this book is to provide a guide for students and teachers, to enhance their training and teaching.

It provides 25 combat drills to improve your fundamental skill. Among other things you will learn: fluid movement, to be calm under pressure, a natural and spontaneous response, fast recovery and how to be dynamic and effective in defence and attack. This book will be useful grappling, striking, weapons based, competition or reality based Martial Arts.

For teachers there are 25 easy to understand drills that you deliver, develop and adapt to your classes. Tips are provided to show how they can easily be developed, to give birth to many more drills, creating an endless source of inspiration and variety.

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