

Russian System Guidebook

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It has been adopted by the Russian Ground Forces in January 2018 under the Ratnik program. [79] [80] [81] The Russian Ministry of Defense has signed a three-year contract with the Kalashnikov Concern for 150,000 AK-12 and AK-15 assault rifles to be delivered in 2019, 2020 and 2021. [82]

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The key principle of the Russian Systema is non-destruction. The goal is to make sure that your training and your attitudes do no damage to the body or the psyche of you or your partners. Systema is designed to create, build and strengthen your body, your psyche, your family and your country.

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The Russian System Guidebook Paperback - November 30, 2018 by Vladimir Vasiliev (Author, Editor), Shane Beresford (Illustrator)

List of equipment of the Russian Ground Forces - Wikipedia

Based in Toronto, Canada, this organization teaches a variety of Russian martial art styles including Sambo, Slaviano-Goretskaya Borba, the military style of Kadochnikov, plus a variety of folk styles. Lists background, testimonials, training, products and affiliates.

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