

Systema: Russian Martial Art 25 Combat Drills

By 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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Editorial Review

Review
'Matt Hill is a strong and caring person, a talented instructor and a very experienced professional. His Systema shows great skill and understanding. I highly recommend training with Matt for people of all ages.' - Vladimir Vasiliev

About the Author
Matt Hill is the owner and chief instructor at his Systema School in Wiltshire, UK. He started training in the Martial Arts in 1987 and by 1991 he was living as a full time student of Aikido giant Morihiro Saito in Iwama, Japan, where he lived for two years. Matt is a qualified Systema Instructor under Vladimir Vasiliev, a 5th degree black belt in Aikido and an ex Parachute Regiment Captain. He teaches full time at his school, as well as leading workshops throughout the UK, Europe and the Middle East. He is committed to his personal training and sharing the gift of Systema with as many people as possible.

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