

## The Russian System Guidebook

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I was disappointed with this book which has mostly plagiarised the following works: The Russian System Guidebook, Let Every Breath, and the Systema Manual, books which the author claims to have consulted but has actually copied. There is some useful information in this book, but I wouldn't have purchased it if I knew how much information had been copied from other sources.

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Review: The Russian System Guidebook, by Vladimer Vasiliev (Interior Title: Inside Secrets of Soviet Special Forces Training by Vladimir Vasiliev with Ron Borland) This slim 59 page paperback from Optimum Training Systems (1997) has an interior title and authorship at odds with the title and author listed on the cover and so I assume it's a re-issue of an earlier book or pamphlet.

**The Russian System Guidebook**  
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**The Russian System Guidebook By Vladimir Vasiliev** ...  
The Russian System Guidebook. Inside Secrets of Soviet Special Forces Training Vasiliev V., Borland R. Visalia, CA: Optimum Training Systems, 1997. - 59 p. Systema is a Russian martial art. Training includes, but is not limited to: hand-to-hand combat, grappling, knife fighting, and firearms training. It focuses ...

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Hoewel sommige informatie in The Russian System Guidebook misschien niet meer up-to-date is, is de belangstelling ervoor altijd aanwezig geweest. Om de 25 jaar Systema Headquarters Toronto te herdenken, is deze jubileumeditie uitgebreid met illustraties van betere kwaliteit en handige trainingsartikelen.

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