



Real Russian Street Fight

Dmitry Sillov

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Real Russian Street Fight Dmitry Sillov

Russian bestseller about self-defence and street fighting. More than 800 photographs and very detail training programs.

'RSF' - real street fight system - the art of self-defense and survival in society, in prison, in the army, in the street. In this book such a person is called the Warrior. Being guided only by this book you will be able:

- 1) to get in life the position you are dreaming of;
- 2) to learn simple but very effective means of self-defense;
- 3) to get all the necessary information about bodybuilding (fitness), and power preparation of a hand-to-hand fighter;
- 4) to become a really healthy person both physically and psychologically;
- 5) to learn to survive in any extreme situation;
- 6) to avoid many mistakes on the way of the Warrior.

There is nothing superfluous in this book, only precise training programs, phenomenal effect of which is confirmed by Russian speaking readers from the United States of America, Great Britain, Germany and many other countries.

In the book there are numerous examples of survival in extreme situations taken from real life.

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