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Strikes: Soul Meets Body

Vladimir Vasiliev, Scott Meredith

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Strikes: Soul Meets Body Vladimir Vasiliev, Scott Meredith
HIT DIFFERENT
With a light and simple movement of his fist alone, Vladimir Vasiliev is able to apply stealthy and shocking power of greater depth and freedom than professional heavyweight boxers can achieve with their entire focused mass, strength, torque, and momentum.

Vladimir's spontaneous and intelligent strikes work against any target, from any position, for immediate resolution of armed or unarmed confrontations, for energizing a partner, and even for healing. These strikes are the culmination of precise movement, impeccable timing, exact contact calibration and extraordinary emotional clarity. This is the meaning of "Hit Different."

In STRIKES: Soul Meets Body, chief Systema instructor Vladimir Vasiliev reveals the physical and psychological training regimen that underlies this unprecedented martial arts capability, rooted in centuries of Russian combative and spiritual tradition.

From the depth of the soul to the edge of the knuckles, experience the truth and the power.

STRIKES Soul Meets Body in Japanese language translation has regularly topped the Martial Arts & Self Defense category on Amazon Japan as a Number One Bestseller since its introduction in February 2016.

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