

Russian Combatives

Systema – Russian Martial Art – is a phenomenal full-spectrum martial system and is rooted in ancient Russian Orthodox monasteries and the Rus, Slavik and Cossack warrior traditions. It is survived today by the elite Russian special operations units who have brought this amazing martial art to the world. A devastatingly effective combat system, relying on natural body movements, universal principles and adapting one's inherent qualities to any combat situation – “the System” is truly that.

Visit the FAQ page for more information

History of Systema

The Russian style of martial art dates back to the 10th century.

Throughout the history of this huge country, Russia had to repel invaders from the north, south, east, and west. All attackers brought their distinct styles of combat and weaponry. The battles took place on different terrain, during freezing winters and sweltering summer heat alike, with the Russians often greatly outnumbered by the enemy forces. As a result of these factors, the Russian warriors acquired a style that combined strong spirit with extremely innovative and versatile tactics that were at the same time practical, deadly, and effective against any type of enemy under any circumstances. The style was natural and free while having no strict rules, rigid structure or limitations (except for moral ones). All tactics were based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning.

When the Communists came to power in 1917, they suppressed all national traditions. Those practicing the old style of fighting could be severely punished. At the same time, the authorities quickly realized how viable and devastating the original combat system was and reserved it just for a few Special Operations Units. You will learn this fascinating style and see for yourself why Russian Systema is said to open a new page in the world of martial arts.

Philosophy aspects of Systema

There is a reason why Russian Martial Art is called SYSTEMA (i.e. the System). It is a complete set of concepts and training components that enhance one's life. In this case, acquiring the martial art skill is a way to improve the function of all seven physiological systems of the body and all three levels of human abilities the physical, the psychological and the spiritual.

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.

Systema has another name “poznai sebja” or “Know Yourself”. What does it really mean to Understand Yourself? It is not just to know what your strengths and weaknesses are, that is good but fairly superficial. Training in Russian Martial Art is one of the sure ways to see the full extent of our limitations – to see how proud and weak we really are. Systema allows us to gain the true strength of spirit that comes from humility and clarity in seeing the purpose of our life.

As the roots of the Russian Systema are in the Russian Orthodox Christian faith, the belief is that everything that happens to us, good or bad, has only one ultimate purpose. That is to create the best possible conditions for each person to understand himself.

Proper training in the Russian Systema carries the same objective – to put every participant into the best possible setting for him to realize as much about himself as he can handle at any given moment.