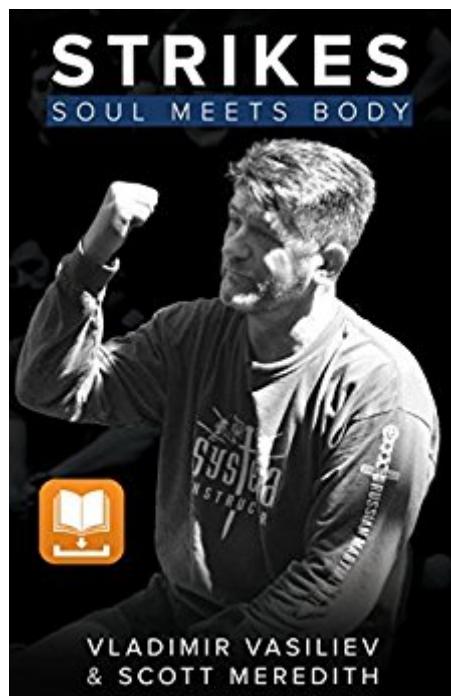


The book was found

STRIKES: Soul Meets Body



Synopsis

HIT DIFFERENT .With the 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. Also available in hard-copy edition:

http://www.russianmartialart.com/catalog/product_info.php?cPath=21&products_id=331

Book Information

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Customer Reviews

I read Strikes last week, I thought it was the most important martial arts book since I read the Tao of

JKD as a teenager

Strikes: Soul Meets Body by Vladimir Vasiliev & Scott Merideth is an thorough and excellent book. This book gives deep insight into the internal workings of strikes as well as exercises and fundamentals for one to develop a deeper awareness of what a fist and punch truly is. A great read for any martial artist of any style!!! It will change the way you look at and think about strikes forever.

This book is well written and full of insightful, thought-provoking material. "STRIKES" is for anyone looking to gain a deeper understanding of self...It's surprisingly not just about striking as most would assume from the title, but that's just the angle it's largely conveyed from. The book guides the reader how to deal with daily challenges in a whole-body self-connected way. This book is truly an amazing wealth of knowledge on well-being as well as how to actually strike more powerfully and efficiently."STRIKES" has already changed my life in a positive way simply by me incorporating the information into my daily life practices, and now that I'm on my second time reading through it I've been amazed at how even more clear the material speaks to me. I'm stronger and more connected, and I'm becoming more and more slow to anger, and feel less debilitated by fear or tension. I can't fully express how grateful I am that Vladimir and Scott took the time to write this book but I am sincerely saying THANK YOU!STRIKES is a blessing for the soul and I highly recommend reading it and applying it's lessons to your daily life.

The book was excellent. The spirituality involved is close to home. Not being that familiar with the Russian martial arts. I would highly recommend this book as a good beginning,

a masterpiece of the science of strikes - amazing insights - clear instructions for exercises to improve striking ability no matter what discipline one follows or even none at all. Put in the work as directed and reap the benefits

Mr Vasiliev just seems awesome and well connected to the world and how to achieve balance. Love this book..

Fun and interesting book. I wish it had a bit more pictures of each drill this book covers. Other than that, I recommend this book to my friends.

This book was much longer and more informative than the previous books I read on this topic. I am very satisfied.

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