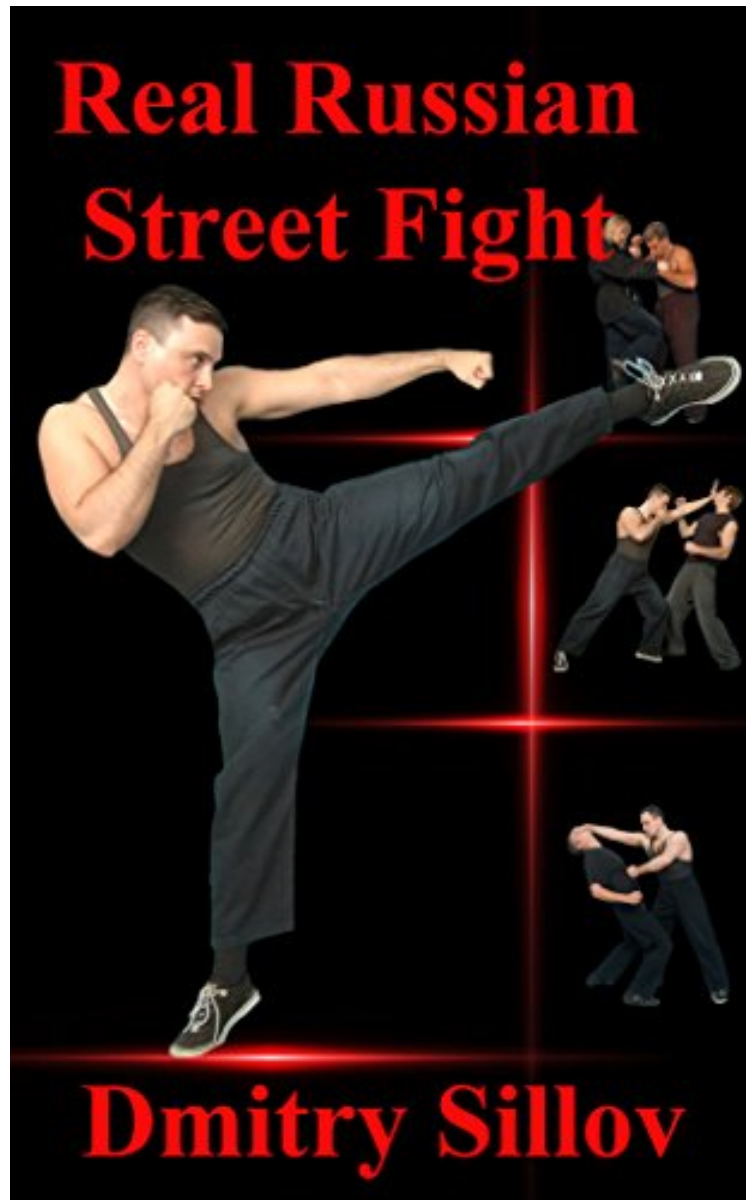


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Von Dmitry Sillov

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KurzbeschreibungRussian 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. The main concept of the book that author present to your attention here sounds like that: the book reveals the ways in which any person who wants to become successful, can succeed in his wish. 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.KurzbeschreibungRussian 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. The main concept of the book that author present to your attention here sounds like that: the book reveals the ways in which any person who wants to become successful, can succeed in his wish. 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.ber den Autor und weitere MitwirkendeDmitry O. Sillov - modern Russian writer, instructor of bodybuilding and unarmed battle, the author of many works of self-defense, combat and hunting knives, as well as twenty novels, written in the genre of science fiction and post-apocalypse. Born into family of military officer. After college, he served in the airborne troops. After army got medical education, actively engaged in martial arts, bodybuilding, psychology, studied Eastern philosophy and culture, the history of military art.Several years worked as the chief security for some famous persons. After - an instructor in unarmed combat and bodybuilding. Dmitry Sillov is author of the popular self-defense system "Real Street Fight," the winner of Russian National Literary Prize "Book of the Year", as well as the creator of the popular literature series, "Kremlin 2222" and "Rose of the Worlds", published by the Russian publishing house AST.