



Vladimir Vasiliev: The Secret to Self-Defense and Health



Born in Russia, Vladimir Vasiliev received intense combative training and profound Systema training from Mikhail Ryabko. Vladimir moved to Canada and in 1993 founded the first school of Russian Martial Art outside Russia - Systema Headquarters. He has since personally trained and certified over 600 Russian Martial Art Systema instructors with schools in over 40 countries worldwide and has produced an Award-Winning instructional film collection.

TOP EMBODIMENT TIP: The secret to self-defense is being tension free in the body and mind.

The Philosophy of Systema: The Key Principle is Non-Destruction.

- Systema is about controlling the attack without destroying the attacker or yourself.
- Systema does not eliminate evil, but transforms it into good.
- Being tension free in the body and the mind is achieved through breathing and movement - something we always do but don't take full advantage of.

Breathing and Movement:

- Inhale through the nose exhale through the mouth so that you create movement in your body.
- **When you breathe your movement should be light, not tense. Tension creates fear and pain.**
- Breathing is essential for your nervous system especially when you have to defend yourself.
- Your body should feel light after every movement.

Striking and Sparring:

- **When striking, you want clean and quick jabs.** If you extend it gives your opponent more space and opportunity to strike at you.

Blocking: Don't Do It!

- The problem with blocking is that there is a possibility that the opponent can find another avenue to strike.
- If your opponent is striking at you with a knife toward your solar plexus and you block it with your arm your opponent now has an opportunity to cut your arm
- Try to see if you can control the situation by maneuvering around the attack and finding/taking the advantage.

Resources

- ❖ **Courses:** Find online classes [here](#)
- ❖ **Website:** russianmartialart.com
- ❖ **Social:** [@systemavasiliev](#), [Facebook: Systema Vasiliev - Russian Martial Art](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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