

MOVEMENT AS DEFENCE promo videos

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Intro to Russian Martial Art instructional DVD. This film was compiled from the material taken during the seminar held for special anti-terrorist unit. The purpose was to achieve higher level of body mobility in the specific combative environment.

{youtube}pbvzFXwHJnU{/youtube}

Leg work, part of Russian Martial Art instructional DVD. This film was compiled from the material taken during the seminar held for special anti-terrorist unit. The purpose was to achieve higher level of body mobility in the specific combative environment.

{youtube}Ge70VpCBhk4{/youtube}Instructor Alex Kostic, www.russianmartialart-serbia.com