

### Russian Martial Arts SYSTEMA in Kiev

SYSTEMA in Kiev involves the military experience of modern Russian warriors and the training experience of the Russian Special Forces. It was founded by **Mikhail Ryabko**, Colonel of the Russian Special Mission Unit, who trained from the age of five by one of Stalin's personal bodyguards, and was involved in the special operations at the young age. He was a tactical commander of hostage-rescue teams, counter-terrorist operations, and armed criminal neutralization. Thus he built this combat and surviving art on the rich experience of the former USSR KGB, SWAT or special mission militaries, which no doubt had a severe history and trials.

For the link to Mikhail Ryabko's website please click here: <http://www.systemaryabko.com/en.html>

SYSTEMA in Kiev(Ukraine) is accessible to everyone. There are no limitations for doing SYSTEMA except laziness. The idea of our school is to develop physical, psychological, moral and spiritual qualities of a personality. That is in addition to practical combat skills we pay much attention to improvement of health of our students, their personal growth, development of psychological and spiritual traits, including those, which may help them to act (and if necessary to survive) in an extreme situation.

SYSTEMA is absolutely brilliant in both effectiveness and simplicity. The unique techniques and skills, which you acquire due to this matchless Martial Art, will enable you not only to resolve efficiently any stressful and dangerous situation, which any person may face in the modern uneasy world, but will be indispensable to your everyday life: you will learn to overcome stress and fear and to act efficiently under any unusual, adverse or critical circumstances.

One of the top students of Mikhail Ryabko and an unsurpassed master of martial arts is **Vladimir Vasiliev**

. Vladimir served in the Russian Special Mission Units for over 10 years. He also served as

## Information for English-speaking visitors Systema in Ukraine

Written by Administrator

Tuesday, 01 February 2011 19:40 - Last Updated Saturday, 20 October 2018 13:01

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trainer for elite units, SWAT teams, and bodyguards.

For the link to Vladimir Vasiliev's website please click here: <http://www.russianmartialart.com/>

Due to a **FREE get-acquainted-with workshop** which regularly take place in Kiev, you have a unique opportunity to evaluate the efficiency of SYSTEMA techniques for both combat confrontations and resolving everyday life's difficulties caused by the modern uneasy world.

For registration for such a workshop as well as for the training on a regular basis please contact **Mikhail Spirin** by e-mail [spirinm@gmail.com](mailto:spirinm@gmail.com) or phone +380979501371.