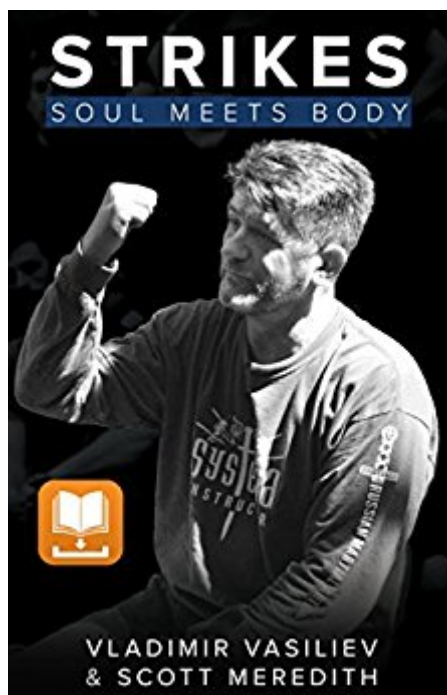


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# STRIKES: Soul Meets Body



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

## Book Information

File Size: 6514 KB

Print Length: 312 pages

Publication Date: May 8, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B071L6SJKY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #73,845 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts  
#105 in Books > Sports & Outdoors > Individual Sports > Martial Arts #145 in Kindle Store  
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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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STRIKES: Soul Meets Body BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Bunnacula in a Box: Bunnacula; Howliday Inn; The Celery Stalks at Midnight; Nighty-Nightmare; Return to Howliday Inn; Bunnacula Strikes Again; Bunnacula Meets Edgar Allan Crow (Bunnacula and Friends) Transformers: More Than Meets the Eye (2011-) Vol. 1: More Than Meets the Eye v. 1 The Passover Soul Kit: 101 Soul Tips, Easy Passover Recipes, Pesach Insights, Meditations, Art & Quotes for the Passover Seder and the Passover Haggadah (Holy Sparks Soul Kits) Every Body Matters: Strengthening Your Body to Strengthen Your Soul The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) BODY TALK: The Body Language Skills to Decode the Opposite Sex, Detect Lies, and Read Anyone Like a Book (Body Language Decoded) Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) USS GREENEVILLE SUBMARINE -LIB (When Disaster Strikes!) Terror at Turtle Mountain: Disaster Strikes, Book 1 Terror at Turtle Mountain: Disaster Strikes! 2 The Bad Guys in The Furball Strikes Back (The Bad Guys #3) The Making of Star Wars: The Empire Strikes Back Big Nate Triple Play Box Set: Big Nate: In a Class by Himself, Big Nate Strikes Again, Big Nate on a Roll Fear Strikes Out: The Jim Piersall Story

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