

Systema : The Russian Martial System By Giuseppe Filotto

By Giuseppe Filotto

Giuseppe Filotto has been involved in martial arts from childhood, achieving a 2nd Dan black belt in Shotokan Karate-Do (WSKF) and working as an armed close

This book covers every aspect of the Russian System: GET IT FROM. Systema Seminar in Italy. Giuseppe went to Giulianova in Italy where the first Way of Systema

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Russian Martial Arts (The System, Systema) training center located in Thornhill, Ontario, offering self defense classes and trips to Russia to train with the Russian

Systema (, literally meaning The System) is a Russian martial art Training includes, but is not limited to: hand-to-hand combat, grappling, knife

Title: Systema Book by Giuseppe Filotto | Russian Martial System Book. Description: Systema book, by Giuseppe Filotto, covers every aspect of the Russian System.

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Systema Spetsnaz - Russian Martial Art hand to hand combat offers reality based self defense training for the public: classes, seminars, instructional DVDs.

Giuseppe Filotto is on Facebook. systema. Other, , , , , , , , , , , , , , , , Giuseppe Piero Leone Filotto.

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