



# Systema Revelations: Lessons of the Russian Martial Art

By Brad Scornavacco

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"Systema is the Principle, You are the Art"

Part memoir and part philosophy, Systema Revelations gives you unique, and often humorous, insights into the Russian Martial Art from 15 years of full-time teaching.

Teachers and students alike will benefit from learning the proper training mindset, hearing clear explanations of Systema principles and about overcoming common challenges on the path to Systema expertise.

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