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Major Konstantin Komarov is a PhD in Combat Psychology, a commander and pedagogue to military professionals, a highly experienced bodyguard, a mentor to trouble

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My name is Paul Genge and I want to share what I know about the Russian Martial Art Systema with you. The goal of Combat Lab Manual On Systema combat system

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A review of the Systema Manual authored by Major Konstantin Komarov highlighting some of the many helpful aspects this book has to offer.

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