



Kadochnikov System - Your Invisible Weapon: The Martial Art of 21 Century

Alexey Kadochnikov, Arkadiy Kadochnikov

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“The Kadochnikov System”, these two words have for a long time been a symbol of the most effective school of self-defense at the heart of which there is a scientific approach, mathematically precise movements and honored, centuries-long traditions of Russian warrior training.

Alexey Alexeevich Kadochnikov is the founder of the Russian system of personal safety technique and effective self-defense, which has no counterparts in the world.

The name of the creator of the System (Alexey Alexeevich Kadochnikov) is connected with the rebirth of the interest in the latter half of the XX century for the Russian martial arts as a system of the warrior upbringing and training.

Alexey Alexeevich Kadochnikov has been developing the System of personal safety technique and effective self-defense for more than 50 years (since 1962), which has not only revived the glorious military traditions of Russia but also has created the modern scientific framework and ideological basis that doesn't have deserving counterparts in the world.

The results of his work – thousands of followers most of whom are military men, law enforcement officers, including the employees of the most elite divisions of power structures and departments. Most of them are officers and generals who train the men entrusted to them in the Kadochnikov System. It has saved hundreds of lives and also thousands of people who could keep their health and working capacity due to the received knowledge.

This work is the first official Kadochnikov System book in English. Here's what you will find inside:

Introduction: Kadochnikov System. Your Invisible Weapon

Chapter1: Why We Are Not Sportsmen or 7 Main Distinctions of the Kadochnikov Systema From All Kinds of Sport Martial Arts

Chapter 2: I Came, I Saw, I Conquered!

Chapter 3: Combat Algorithms of Effective Self-Defence

Chapter 4: Back Against The Wall. Five Key Concepts of Effective Self-Defense

Chapter 5: Intelligence Is Worthless Without Practical Wisdom

Chapter 6: Overcome Yourself. Fighting Algorithms for the Total Suppression of Any Rival

Chapter 7: Preparation of the Body

Chapter 8: Stance and Movements

Chapter 9: Working Against Strikes

Chapter 10: Release from Holds

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