

# KADOCHNIKOV SYSTEM



*Special Report*

**YOUR INVISIBLE WEAPON**

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# Kadochnikov System

**Hand-to-hand fighting is an invisible weapon which you can't find until it is used, which you can't take away until the man it belongs to is alive**

Author: V.A.Stelmachenko

I don't claim to be the author or be special in some way. On the contrary my humble work is a compilation of the material taken from bare sources. It is also my own attempt to realize the essence of this outstanding and original phenomenon as "The system of the private safeguarding technique and applied hand-to-hand combat by Aleksey Alekseyevich Kadochnikov."

We're living in the world full of dangerous things. The crime rate is quite high; there are changes in the relationships between people – the contemporary conditions make us aggressive and provoke many stressful situations. All these things make us think of the ways to protect ourselves.

We all know that no one can feel secured against different problems, bad situations and critical moments. They all can come up unexpectedly in a form of the catastrophe of nature as well as in the form of the terrorism and a gangster attack.

Most people can't sufficiently and promptly assess the situation and find the right decision to avoid or localize the unwelcome moments and conflicts. It leads to dire consequences when one's life is in serious danger. It can cause physi-



*You can use minimal efforts to achieve maximal results*

cal (for example different traumas or even death) and moral (psychological scars) damages.

Unfortunately I failed to collect the statistics of the death rate and disability in the result of different emergency situations of ordinary and criminogenic nature in the world. But I can cite similar statistics in the Russian Federation. I assume everyone can interpolate.

Thus every year on average in Russia people die in extreme cases from the following reasons:

- During trips and on expeditions – 250-300;
- From earthquakes and floods – 500-800;
- *From anthropogenic accidents – 1000-1500;*
- In the water – 9000-12000;
- In transport accidents – 4000-45000;
- In criminal incidents – 30000-32000;
- From suicides – 55000-65000(!);
- Other circumstances – 3000-6000.

It makes about 140-150 thousand people every year who die in our country in accidents.

The amount of injured is by order of magnitude greater. We should add here those who die from heart attacks and strokes in the result of social extreme situations.

We can state that 1% of the population of our country dies on this account.

Let's compare it with the "results" of the war in Afghanistan. We lost about 2% of people who joined the military forces.

We can conclude that our everyday life "only" two times less dangerous than it is in the process of war! And in these conditions our society is probably the most neglectful in its attitude to the problem of studying how to act in the emergency situation.



# YOU SHOULD KNOW TO FORESEE! FORESEE TO SURVIVE! SURVIVE TO WIN!

The Kadochnikov Systema not only teaches how to fight and survive in extreme conditions but form some special world-view. It helps to find the right line of conduct in complicated relationships between people.

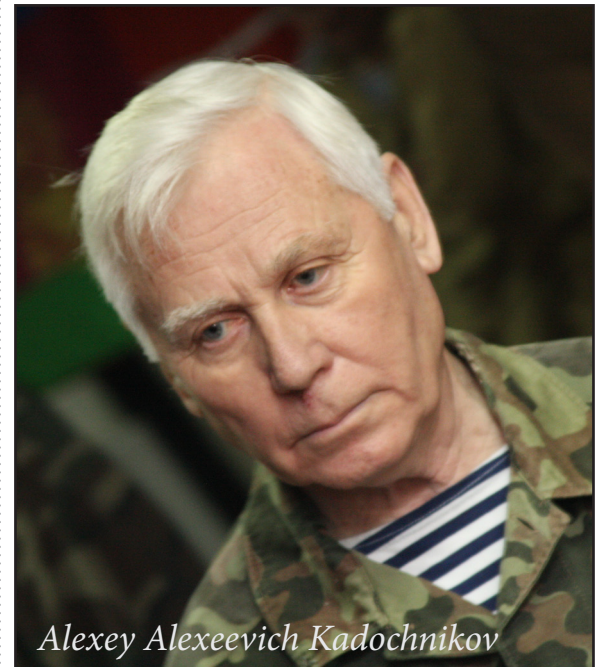
The Kadochnikov Systema not only teaches how to fight and survive in extreme conditions but form some special world-view. It helps to find the right line of conduct in complicated relationships between people.

You should know yourself, assess your own abilities not to come down in life but stay a normal, capable person.

***You should know to foresee! Foresee to survive! Survive to win!***

The world around people is unsteady and sometimes they have to (against their own will) repel aggression. That's why everyone should be able to stand up for oneself, the ones he loves and if necessary for his country and its people. I mean everyone should be a defender or a soldier. Don't forget, my friends, how we always defeated the enemies in hand-to-hand fights no matter where they came from: the West, the East, the North of the South. The basis of our victories is the russian martial arts and the sytem of preparing a man which is called "the war".

There are no doubts that the hand-to-hand combat exists from the moment the first man was born. Things that were not wasted



*Alexey Alexeevich Kadochnikov*

over the ages and were not cast aside like an old glove are not just a heritage but an integral part of our existence on earth. The mankind needs the hand-to-hand fighting as well as other martial arts as a way of an integral social upbringing of an individual person. It is necessary for his or hers intellectual growth, imparting to the accumulated by the humanity pooled experiences, age-old wisdom, specific social and historical facts, aspirations, ideals. The martial arts of every nation are inseparable from the history, philosophy, religion and culture of the folk settled on the land of their ancestors.

The hand-to-hand combat is not a fisticuff or sport. Objectively it is a kind of fighting to be precise the variety of the close combat aimed at the defeat of the enemy.

"The hand-to-hand combat is the variety of the close combat where the opposed sides apply



*Understanding of a process is prior to the knowledge as it is*



## THE CORE OF THE KADOCHNIKOV HAND-TO-HAND COMBAT IS THE SYSTEM OF SAVING YOUR ENERGY

different holds from martial arts and use various weapons, objects, equipments and all means at their disposal or work without any of them at the distance of direct contact with each other.” (The Field Manual of the Land Forces, part 3).

Don't forget that the hand-to-hand combat is only one component of the survival system of a man in extreme situations. Sometimes you can defeat the enemy only by means of avoiding the physical conflict.

It is necessary to take into account the area, time and season in the russian martial arts. This is the main difference of the hand-to-hand combat from other sports which lost their connections with the actual martial arts.

First of all let's define what will you learn studying the Kadochnikov Systema?

The Kadochnikov hand-to-hand combat is a complex of information which allows you to get out of any situation victorious. It doesn't matter:

- where you are (taiga, sea, a bog, dirt, ice, transport, an entrance, a car etc.);
- how many opponents surrounded you and what weapons they hold (a stick, a knife, a sword, a gun, an automatic weapon ect.);
- in what state you are (absolutely healthy or tired and sleepy, partially injured etc.).

The core of the Kadochnikov hand-to-hand combat is the system of saving your energy. You can use only 30% of your strength against the opponent (his weight and height doesn't matter) and turn his force against him.

The Kadochnikov Systema is the private safe-



*Everything should be done consciously*

guarding technique that allows surviving in any conditions. You can escape from any most difficult situation and remain safe and sound. “A man can always find a way out if he really wants it!”

In our case “the way” means not getting an information scope about some actions in certain situations but thorough studying of the laws and patterns describing how a man should act in stressful situations, ways to get out of them, methods to overcome one's lack of self-confidence and fear. You will also learn the system of self-defence and fighting. Thus it includes all together power training, applied acrobatics, strategy, tactics, psychology of self-defence in the conditions of an actual, not “sport” combat. You will also learn to defend yourself from one or several probably armed with all kinds of weapon opponents simultaneously.

The hand-to-hand combat according to the Kadochnikov Systema is a capability to be a victor in different dangerous situations. Not to get into a mess means being wise.

The hand-to-hand combat according to the Kadochnikov Systema is not an art of fisticuffs (like some prefer to interpret it) but a combat study, a life philosophy.

The Kadochnikov Systema is a way to reveal and implement your potential abilities. It helps to develop and improve the reserves of your body and consciousness, work in accordance with your functional abilities at a certain time in a given place.

The Systema teaches to live through knowledge and foresight, how not to get into emergency situations, how to control external forces in this extreme case and not try to resist it. The Kadochnikov Systema is an algorithm of universal motions based on solid knowledge of biomechanics.

This material is based on the attainments of such outstanding scientists as N.Bernstein. A man who mastered the Systema without giving too much thinking can choose from the range of variants the one most suitable for himself and for the given situation.



***Practicing the Kadochnikov System a man can defend himself even in a weak, exhausted state; when he is sick or wounded***

Those who studied the Systema thoroughly can enjoy life in all respects. He became self-confident, self-reliant and more courageous. He is aware of his worth and has no need to demonstrate the superiority to anybody including himself.

There are moments that distinguish the Kadochnikov Systema from the others:

**1. It allows to save energy in each motion.**

People engaged in the Systema are not sportsmen and their health is not so strong. Saving energy helps them to get the same result people do in sport. He overcomes the opponent by injuring his body (strained tendon, muscle pull, displacement, fracture), its immobilization (tie up, strangle and etc.). When applied this effect will result in the complete defeat of the opponent. He will get injured or terminated.

**2. There are no tiresome repetitions and learning the same holds by heart** (there are no monotony and boredom during the practice).

**3. There are no rituals** (meaning psychological influence).

**4. There is no special uniform** (we work in the clothes we wear)

**5. There are no competitions** (the best arena is life with its collisions).

The Kadochnikov Systema is unique and very effective in all conditions!

Relevance of the Systema:

First the Systema is accessible for women. It doesn't require special equipments and on the first stage can be used to improve the skills you already have.

It is based on the natural movements of a human being cultivated in him by the self-preserved instinct.

The Systema is simple and accessible for everyone regardless of sport training. It rules out aggression as the Systema solves the problem from the point of view of self-defence. It doesn't require too much effort as it is based on the

harmony with the environment and the laws of nature. The Systema unites the experience and knowledge obtained due to the constructive researches of many years and different kinds of self-defence and hand-to-hand fighting. The main principles of the Systema are the simplicity, naturalness, reliability. The methodology has reached the next stage when studying movements and their improving is done from the point of view of natural motions of the body. It allows getting high results in extreme cases.

Sport is aimed at the entertainment, excitement, probing the human's abilities. The self-defence is meant to save life in emergency situations.

The actual combats happen not in comfortable gyms but everywhere and any time: in the daytime, at night, when it is hot or cold, when it is raining or the ground is slippery, you're usually appear to be in the absolutely unsuitable clothes, it may happen even in a cramped lift cabin or in a car. The fight may be not individual but with a lot of people involved; it may happen at a close, middle or long distance.

Practicing the Systema a man can defend himself even in a weak, exhausted state; when he is sick or wounded. He spares minimum of his energy and efforts getting the highest results. The Kadochnikov Systema forms skills to react in a right way in extreme cases. During the course a man acquires skills that allow him assessing the



*Be ready for an unexpected seizure or attack*



peculiarities of the physical growth and the level of development of the main physical qualities.

Special attention is paid to the working out the dexterity if it is poorly developed but he needs it for working in extreme conditions. The Systema gives knowledge of theory and methods for health supporting and if necessary its resumption in ordinary conditions as well as in the situations when the human's life and health are endangered.

The individual approach allows people learning the types of the hand-to-hand combat most important and suitable for them considering their age, sex and physique.

Workshops give opportunity to study the tactics of the single and mass combat; teaches how to injure the opponent using everything at hand and barehanded in any conditions and spending minimum of energy, resources and time.

There is classification of actions during the hand-to-hand combat:

- an attack;
- a defence;
- a counterattack;
- combined actions.

There are two types of the hand-to-hand combat:

- combat without weapons (it is implied in the name "hand-to-hand combat");
- combat when the opponents use weapons or some objects available.

Three stages of the hand-to-hand combat:

- meeting the opponent (a person should instantly analyze the situation);
- approaching (a fighter should make the decision about the ways of influence)
- final stage (termination or neutralization of the opponent).

The hand-to-hand combat is subdivided into: the battle type, the sport type (demonstrative and exhibition type) and for police – the relatively combat type.

There are following kinds of the hand-to-hand combat: individual (single), group and mass.

Absence of the science-based knowledge of the process makes the hand-to-hand combat a mere imitation.

The hand-to-hand combat is based on the range of sciences: mathematics, physics, mechanics, biomechanics, physiology, pathology and so on. It is their derivative that allows to unify and optimize the process of hand-to-hand fighting today. It is a branch of the system of survival aimed at the constant operational readiness.

For making the contemporary thinking of a man as a fighter we need special representation of the physical essence of the main laws and principles of mechanics. The process of the hand-to-hand combat should be stated clear and accurate as it reflects the state of science, technology, psychology and pedagogy. In the hand-to-hand combat a man (a fighter) is regarded as psychobiomechanical system meaning a person in his total physical and social nature of Life itself.

In the process of studying the hand-to-hand combat as a branch of learning, people obtain skills to solve numerous problems in the extreme conditions of our epoch.

The chief postulate of the hand-to-hand combat is the vitality of a human being. He should and must preserve his life and health to fulfill the task. He should overcome the opponent due to his knowledge, skills, fortitude and devotion.



*To escape without losing a contact is the aim of your struggle*



**The distinctive feature of the Kadochnikov Systema is high coordination of movements with no physical resistance to the strength of the opponent. Such coordination is possible due to a special training system. This is the essence of the Kadochnikov Systema.**

The vitality is a quality to resist different negative impacts and, when injured, his ability to restore (completely or partially) the fighting strength.

The distinctive feature of the Kadochnikov Systema is high coordination of movements with no physical resistance to the strength of the opponent. Such coordination is possible due to a special training system. This is the essence of the Kadochnikov Systema.

It will be pointed out further that the core of the fighting technique as a part of the Systema is the control doctrine. You should control the situation and the opponent. For taking control over the enemy you can use an ingenious technique of holds and getting free; you can also use the technique of controlling you own weight. Besides there is a “mild” block system with twisting moments and hits like whips which allow overcome blocks using the contact points as pivots. This allows performing a highly effective work. There are no hits in random direction. They all fit into whole process affecting weak and painful points of the opponent.

Such sophistication may appear as an excessive for the system that is meant for the army. But during the combat mission you may get into the conditions and state that you can't even stir the hand not to speak of kicking somebody. The experience of the previous wars confirms this statement. I think the second postulate of the Systema is obvious now. It states that work should be done not at any cost but should cost you minimum efforts and time... There is the third postulate – the combat is aimed to defeat the enemy (no boxing) and it is provided by the range of preventive measures. I can only add that the work with weapons against weapons is an integral part of the Systema.

As to the process of practicing it also differs from our traditional ideas. It runs in the calm, slow tempo without tension (it is important to



be relaxed) using one-third of the power. The element was performed in a right way when there is no pronounced feeling of the resistance from the partner. This is the so-called “effect of sinking”.

Unlike the other systems there are no separate “holds” which you practice and practice for second-nature. There is the work of the body “tuned” with the motions of the opponent. You don't have to break through the defence hitting the enemy with force. You interweave with his movements making them absurd. You don't try to hit ahead of the opponent (assume he's faster than you) but make him follow your blows. Besides very often you don't have to strike as the opponent gets injured due to his inertia and your limbs and objects you have at hand. Actually the basis of the Systema is the skills sportsmen acquire by intuition after number of tournaments. The list of the peculiarities and distinctions mentioned here is not complete. Describing them all will make the whole new article.

Of course the Kadochnikov Systema is not admass but its separate parts can be adapted for solving local problems.

I believe that after serious and competent work the Kadochnikov Systema can figure itself prominently. The authoritative organizations and interested agencies can provide fast and dynamic development of the system. Besides the professional aspect there is a moral one. We should eat, sleep, love and protect in our own way. People should remember their parentage and be proud of their nationality.



# **35 GOLDEN RULES OF HAND-TO-HAND FIGHTING**

1. Understanding of a process is prior to the knowledge as it is.
2. Persistence is a key to the secrets of mastery.
3. Having power is not enough to win in a close fight; you should also have knowledge, abilities, skills and quick-wittedness.
4. If the enemy has caught you off guard but you're still alive – he is in your arms then.
5. The more the situation looks like a hopeless one, the more likely you are to win.
6. Step back to soften resistance.
7. Do not aim at being stronger than your enemy – try to find his weaknesses.
8. Do everything with minimum efforts made. Too much power used leads to an opposite result.
9. Remember a sacred wisdom: «Give away to gain something».
10. To escape without losing a contact is the aim of your struggle.
11. Don't be afraid to seem funny and clumsy at the training lessons.
12. Fear and rage are suitable and necessary. Fear shouldn't be eliminated.
13. Relax; try to do it as much as possible.
14. Everything should be done consciously.
15. There are no forbidden sleights in self-defense.
16. How to win? At any cost.
17. There is no attack without defense.
18. Don't join a close fight if there are other ways to resolve a conflict.
19. While fighting don't aim at the effect but the efficiency.
20. Don't pity your rival if he threatens your health.
21. Don't rely on a single punch or action in a close fight.
22. Don't be afraid of slight injures but avoid bad ones.
23. Be ready for an unexpected seizure or attack.



24. Repeating a movement do it differently.

25. A slow repeat gives you an opportunity for an analysis which is connected with what you want to acquire and your desire to broaden your mind.

26. Spirit of a system is a spirit of a victory not depending on the type of the weapon, because there are different ways to win.

27. While fighting your mood shouldn't differ from the one you usually have. In both ways you should be purposeful but calm.

28. Understanding the core of the system gives you an opportunity to see its usage in all areas of human life.

29. You shouldn't have a favorite type of weapon or sleight. Do not copy others, play by ear.

30. You can have your own style when you have learnt optimum of styles.

31. Training is a part of your life which strengthens your spirit.

32. It is difficult to understand yourself having no idea about other people.

33. From time to time try to move away from the movement task in space and time; it will help you to see it in different scale. In this case you will have a range of logical steps that will allow you to find the right decision.

34. Change the value of different movement task elements. It will help you to transform logical analysis and build a new reasoning chain.

35. There can be no excuses for your passivity or laziness.



*Training is a part of your life which strengthens your spirit*



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