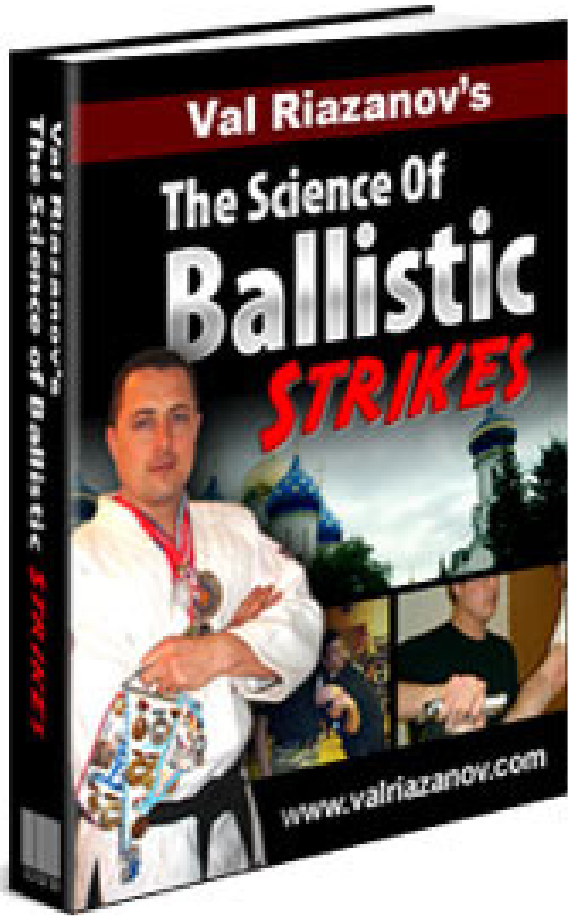

Val Riazanov's
The Science Of
Ballistic
STRIKES
www.valriazanov.com

Introduction

Hello, my name is Val Riazanov and I am going to introduce to the Ballistic Striking element of the Riazanov Combat System™.

First, let me tell you that I admire you all, as human beings, as martial artists, as competitive fighters, military and law enforcement people and especially my teachers in the former Soviet Union and to Mikhail Ryabko and Vladimir Vasiliev of Systema fame…you taught me so much and I am forever grateful.

I am not making any claims to being the 'best' or 'my system is better than your system'. This is about me sharing my knowledge and trying to help the average person quickly and effectively deal with the unpleasant elements of self and family protection.

I hope that you gain something from my experiences and that I have made an impact on your life.

This book is an introduction to 'Ballistic Striking' and accompanies the Ballistic Striking DVD's and video downloads.

Let me begin with one thing – this is not a 'how to learn to defend yourself in sixty days', or 'turn yourself into a lethal weapon' system.

I can tell you personally that what I teach works – I have been around combat arts all of my life, been a member of the Russian Olympic Judo team, a Combat Sambo champion, Wrestler, Boxer, Mixed Martial Arts Champion, night club head of security, bodyguard and I almost forgot, a member of the infamous KGB as an operative and later as a trainer to specialized KGB operational units.

Now, sorry to have to make so much of my background, but you, the reader and viewer of my DVD's need to know that this works and have the belief that it will work for you, whoever you are.

This system is for everyone, don't think you have to be a professional or have six black belts in different martial arts – sometimes it is better that you have no knowledge, so that you learn fresh. I have taught hundreds of ordinary people as well as the Special Forces guys that have 'special needs', so just relax your mind and try to absorb the principles, rather than the specific techniques.

Enjoy!

Combat

Let me make one thing clear – combat is ugly, make no mistake about this and let me also tell you to forget about the glamorous television portrayal of dispatching assailants with flying kicks and lightning fast punches. Leave that for the entertainment elements in your life!

In the KGB we were taught many physical and psychological techniques – some of the most advanced in the world as the former Soviet Union invested huge amounts of money and resources for this purpose…but the majority of our learning was teaching us how to survive…in any situation and any environment. We were taught to forget all notions of 'winning', only survival, because through survival comes opportunity and when you can survive, you can take advantage of opportunity. It is exactly the same in any combat situation.

Knowledge in the KGB hat to fit three main criteria before it could be utilized:

- It had to be easy to understand and learn
- It had to be simple to apply
- It had to be devastatingly effective

Say no more!

Let me explain the 'ballistic' element of striking. Many combat systems teach you how to strike with power and that power comes from a strong stance or 'root' and that energy travels from the feet, through the legs, hips, waist and up into the torso and eventually into the arms and hands. This chain of events causes the maximum energy and that energy is 'exploded' into the target for maximum devastation.

They are absolutely correct.

My point is that you rarely have time to do this is a real situation, combat is ugly and unpredictable remember that always!

The above chain reaction could be thought of as firing a high caliber, high velocity rifle – where much energy is expended through the firing pin, into the bullet which is traveling at great speed to the target and ends up going straight through it!

In fighting terms, this high speed chain reaction sends a high speed punch to the target which in reality usually bounces off the person's torso because unlike the bullet, there is a much greater surface area and in simple terms the strike usually 'explodes' before it hits the target. Now I'm generalizing here, because it is still possible to generate a lot of damage, just as say a well trained boxer would do,

but it requires a lot of effort, hours of practice and it is not consistent. For most people, it is beyond their reach.

Putting it in Simple Terms

Now think of a short barrel, low velocity, large caliber pistol – it is devastating because of its penetration ability and because it 'implodes' inside the target.

In fighting terms again, the strike penetrates the body with ease and reaches deep inside the person, yet it looks effortless and is devastating!

Let's say that you pick up a golf ball and throw the golf ball at a fairly low speed to say, a wall. You will certainly hear the noise of the ball as it hits the wall, even at a low speed. The thought here is that the ball is totally committed to hitting the wall – it has no choice and because it is 'thrown', it will hit the wall with acceleration and simply do the damage – we will return to this point in a minute!

Now, imagine a whip – a simple whip with a handle. Think of how you would pick up the whip and crack it! We have all done this at some point in our lives and the process is simple. Now further think of the golf ball being attached to the end of the whip and now think of cracking the whip into an object – even at low speeds, you will do damage!

When you strike, you must think of the whip like actions, in respect of the movement of the body and the golf ball being the point of delivering that strike, whether it is your fist, palm, fingers or whatever.

Now let's go back to that point of the golf ball being 'committed' – because it has no mind or an ability to think, it cannot stop itself from hitting the wall. When you throw a strike, you must throw that strike with the commitment of the golf ball and not stop yourself 'short' of the target.

Now think of your arm as the body of the whip and your fist as the golf ball, with your body as the handle of the whip. Staying loose and relaxed, you can start to imagine how you can rotate the body to move the arm and 'throw' the fist as if it was the golf ball. I can assure you that your arm will be a lot heavier than any golf ball and your fist will be just as hard at impact. This 'relaxed' state creates'heaviness' in the arm as it literally becomes a dead weight. Go back to the original slow throwing of the golf ball and you now have an idea of exactly how much power you can develop with just the arm!

Now for some words of caution – I can teach you precisely how to stand, how to move like a ballerina, how to breathe and how to position yourself to deliver devastating 'ballistic' strikes…but remember, these positions and postures are a luxury – real life combat is ugly and luxuries are rarely afforded. In reality, you have no time to prepare and even less time to react. You have to work with what you have and where you are. When you watch my DVD's you will see that I can strike from any position, standing up, on the ground or in-between…with devastating results!

Keep the above in mind…always.

Understanding the Weight of Your Arm

We are now going to get into understanding and using the weight of your arms. This is going to be a key point for you to grasp. Only when you understand the weight of your arms will you also understand that they are actually two of the most devastating weapons anyone could ever have possession of.

Now let me be clear, I don't mean that if you study martial arts for a few decades that your arms will become these weapons. No I mean that right now, they already are. You don't really need to lean to use them what you first must do is to unlearn a lot of what you already believe about throwing a punch. The first step to do that is to understand the weight of your fists and your arms and learn to get in touch with it.

Let's start with first just understanding what your arms are really like, independent of your body. Imagine that you cut off a human arm at the shoulder and placed it on a scale. A typical human arm will weigh around 15 pounds, (about 7 Kilograms). Now take that arm, tape up the hand and wrist so they are solid and tight but leave the entire rest of the arm loose. If you took this arm now and held it like a club by the bicep and swung it at a person, can you imagine the power it would deliver?

Left free of its owner controlling it, the arm becomes dead weight. It delivers a blow with no concept of limitation, 100% of the available energy is transferred into the target (just like the golf ball in the beginning of this book). Now think about it, if I throw a golf ball (which weighs about 1.6 ounces) at you and it hits you even at a relatively low velocity, it hurts, quite a bit in fact. Now think about being hit by a 15 pound golf ball traveling at even a moderate velocity!

This is the power that you have in your arms, the weight in them and the ability to simply let it do the work. In time you actually begin to pull back some control of your arms and hands, you learn to direct your blows to different locations inside your opponent. Yet it is best to start with simple release of all the tension in your upper arms, keeping only your wrist and hand tense.

Getting In Touch With the Weight in Your Arms – Exercise One

Ok now that you understand that your arms are heavy, let's do a small exercise to get in touch with that weight. I want you to stand totally relaxed, shoulders down, arms at your side and just let go of every bit of tension in your arms. Relax your shoulders like you are having a massage and have no cares in the world. Now raise your two arms just above the height of your head, keep your wrists strait but with everything else just be as loose as you can.

Next, let your arms drop to your sides, you are not trying to do any pushing, striking or anything like that at all at this moment. You just want your arms to fall strait to your sides and be as heavy as possible.

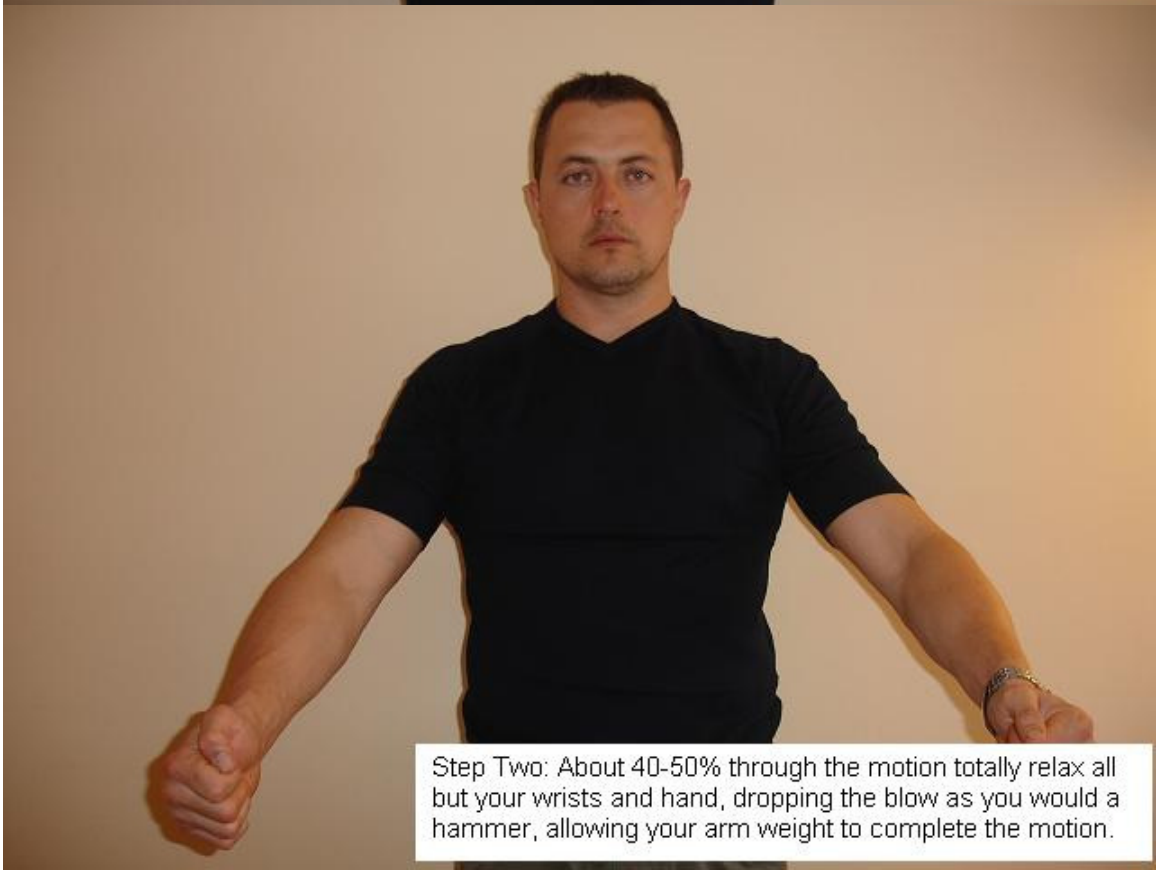
Now once you begin to feel the true weight of your arms start to put some force behind the drop. Not a lot and not all the way through the motion. Just accelerate your arms downward about 25% of the way through the movement and then kind of let go (keeping your wrists and hands tense) at that point and let them fall the rest of the way.

Teat this part like throwing a ball to the ground only the ball is your fist. The other way to think about his is like the proper swing of a hammer. When you swing a hammer you start the swing with force in the direction of the nail but about 30-50% through the swing you just let go and guide the hammer to the nail head. The weight of the hammer plus the velocity you applied to it drive the nail home, As a carpenter your job it not to drive the nail but to place the hammer in motion and guide it to its target, the hammer is what drives the nail.

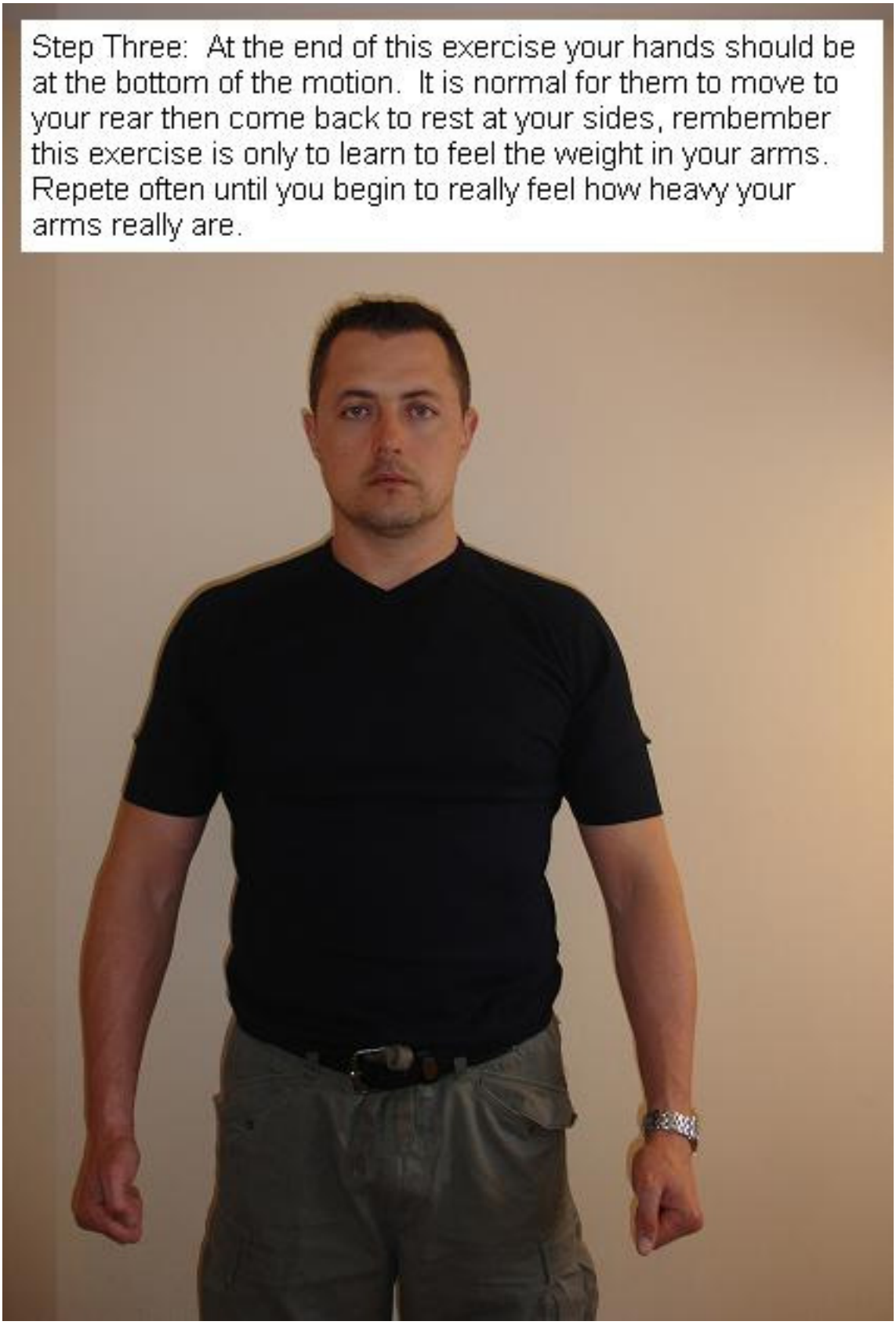
You may need to do this exercise quite often in the beginning to stay in touch with your arm weight. Each time you do it you will begin to better understand your own arm weight and these principals.

Illustrations for Exercise One





Step Three: At the end of this exercise your hands should be at the bottom of the motion. It is normal for them to move to your rear then come back to rest at your sides, rembember this exercise is only to learn to feel the weight in your arms. Repete often until you begin to really feel how heavy your arms really are.



Getting In Touch With the Weight in Your Arms – Exercise Two

Here is another simple exercise that will begin to help you to understand those two 15 pound weapons that are with you every where you go. This time start with your arms totally loose hanging at your sides. Loosen your shoulders again completely and totally. Your arms are heavy and you should only be controlling them enough to keep your elbows off your body.

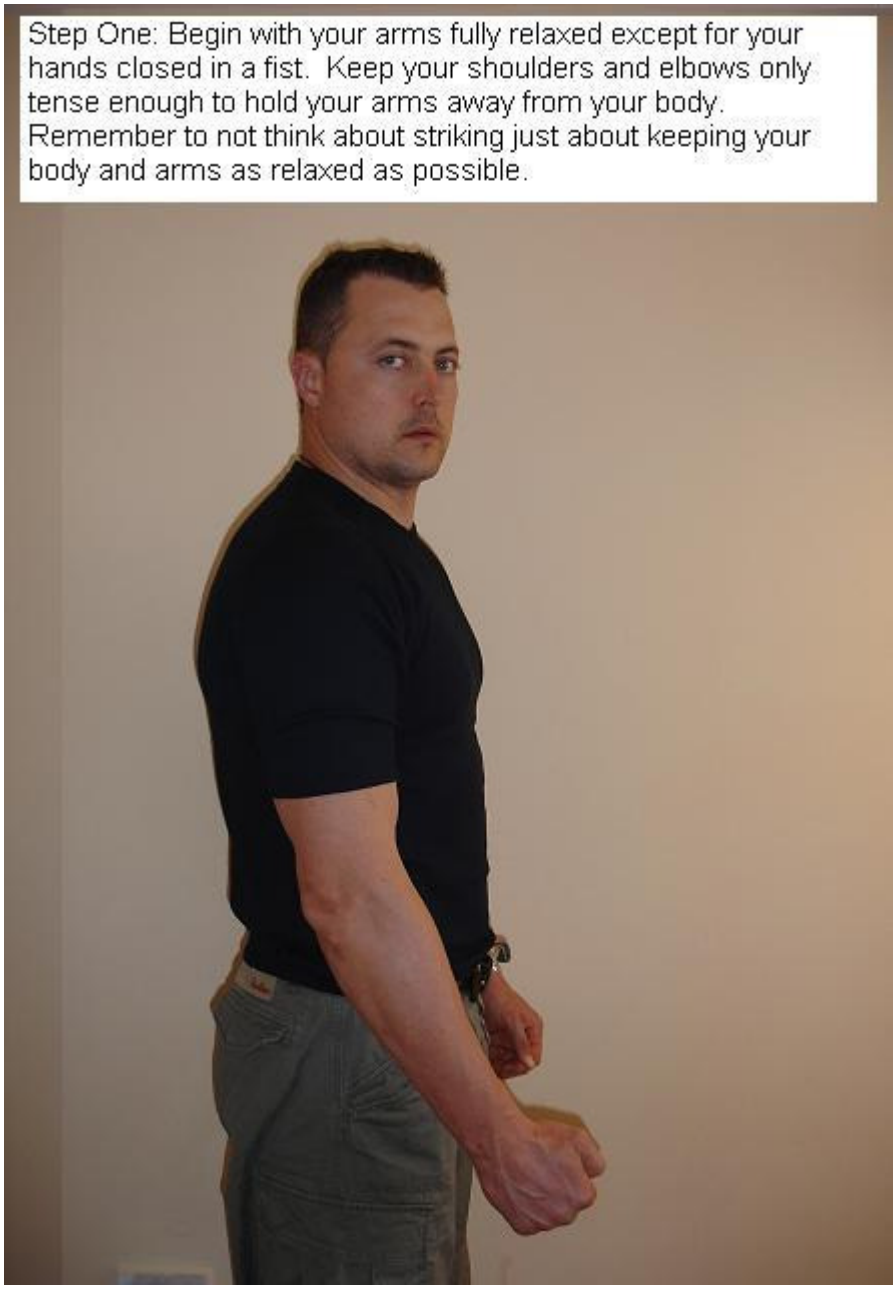
Leave you hands relaxed and open at first. Then, leaving your upper arm totally relaxed, again keeping your shoulders totally relaxed, just bend your arms at the elbow about 45% so your hands are just a tiny bit higher then your elbows.

Hold that position and look down. If your feet are shoulder width apart your hands should be just to the outside of your feet as you look down. If not turn your arms slightly inward so your hands are closer together then your elbows.

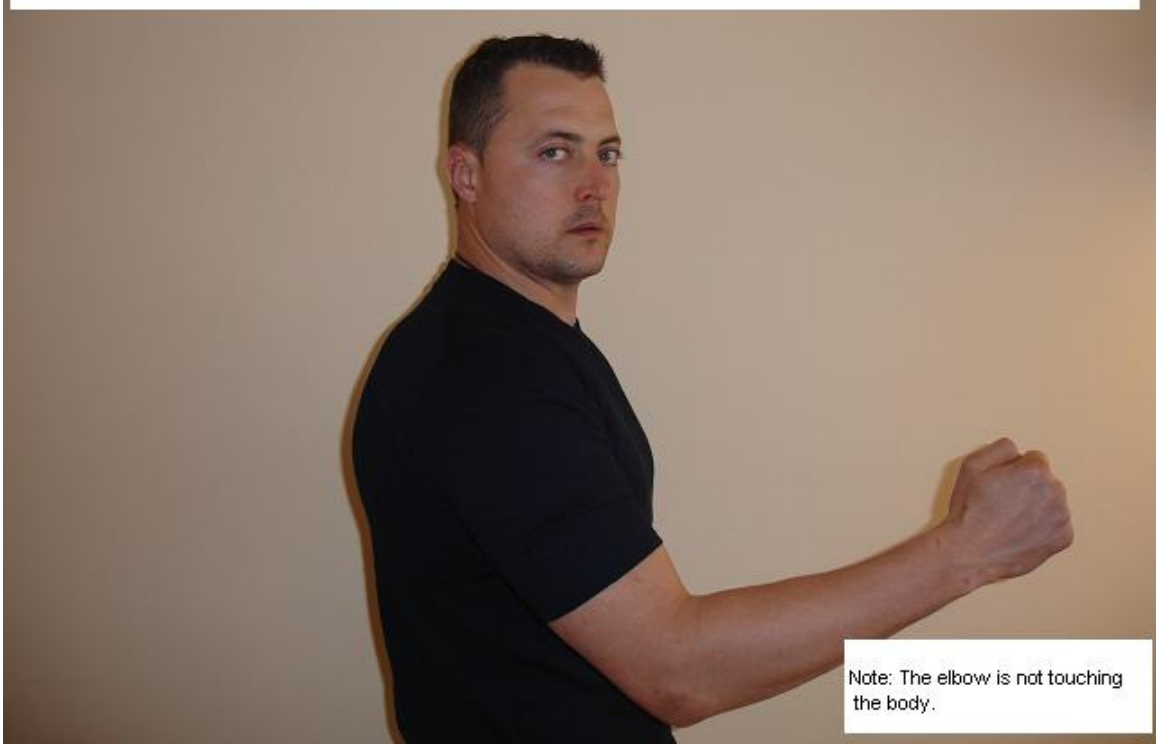
You are now in the basic form for proper striking. Now I want you to drop your hands to your sides. Then begin a process of raising your hands back into that position, tighten your grip and your wrist as tightly as you can but keep your shoulder and the rest of your arm as loose as possible. Then drop your hands back down totally relaxing everything. Each time you tense your forearm at the top of the exercise hold it only for about 1-2 seconds then let it go again.

This will begin to train your forearms and fists to be tense while the rest of your body is loose, so that the dead weight can be transferred to your target.

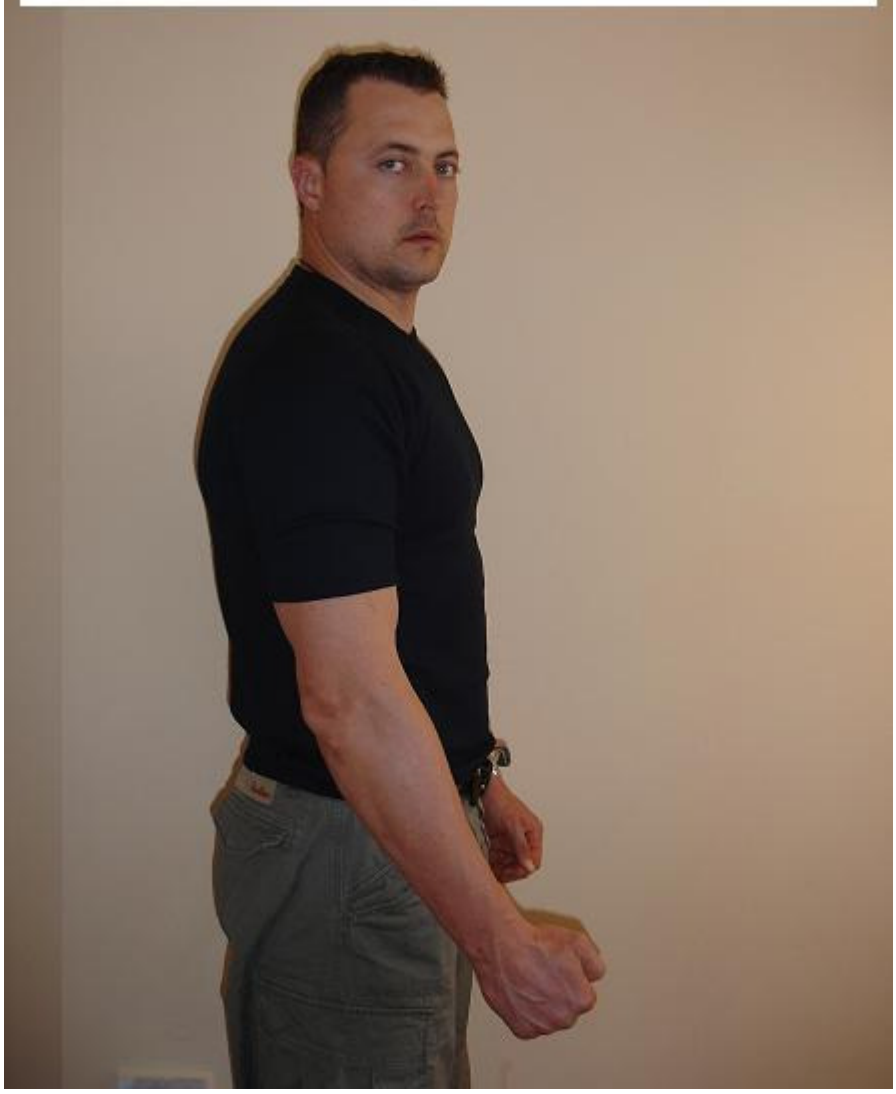
Illustrations for Exercise Two



Step Two: Raise your fist just a bit higher then your elbow. At this point tense your hand, elbow and wrist as tight as possible, DO NOT tense your upper arm or shoulder at all. Get in touch with tensing only one part of your arm and allowing everything else to stay loose.



Step Three: Simply relax and allow your arms to fall back to your starting postion. Repete this exercise with the goal to learn to tighten your wrists and forearms while leaving the rest of your arms and body fully relaxed.



Understanding the Transfer of Energy in a Strike – Exercise Three

Now we are going to take the first steps in truly changing the way you think about striking an opponent, a heavy bag or any target. I am going to show you how you have been allowing at least 50% of your power to be sent back into your body with every punch you throw.

You really need a partner for this exercise, you can try to understand it with a heavy bag or wall if you can't find a willing partner, but you will be best served to get someone to help you. They don't need to be strong or trained in fighting, so getting some help should be easy.

All I want you to do is stand with one of your arms extended like you just threw a traditional punch. Your arm is now tense all the way and extended fully in front of you; keep tense the way a typical punch is supposed to be done.

Now have you partner use their palm to slap your fist. Not real hard just enough force to feel the impact. Notice what happens to your head and your shoulder on impact. To really understand ask your partner to hit your fist just a little harder. You will be surprised how much you feel this in your head, neck and body with out being distracted by your own delivery.

Understand that this is happening to you every single time you strike an opponent, a heavy bag or anything thing else you choose to strike. There is no magic here, nothing mystical just plain basic high school physics. Take two solid objects and strike one with the other, some of the energy will transfer and quite a bit will be reflected back into the first object.

Honestly doesn't this make perfect sense?

OK now on to step two and for many this is where true understanding of this type of striking begins. Place that same arm into the position I taught you in exercise two. Loosen your arm, tighten only your wrist and forearm and hold your fist just an inch or two higher then your elbow. Make sure your shoulder is down and your arm weight is hanging on it.

Now have your partner slap your fist again just as hard as before. If your arm is totally relaxed and your form is right you will feel almost no energy transferred back into your body, your head won't move at all. With your arm at this angle what little energy that does rebound will exit out the rear of your elbow and you will absorb almost none of it.

With this you should be beginning to understand how simple this system really is and why it is so devastatingly effective.

Think about trying to carry a person who is totally unconscious or even just trying to move them vs. carrying a person of the same weight who is awake and simply

holds their body rigidly when you pick them up. It is quite simple that heavy weight moving at a moderate speed transfers many times its own energy into a target. Again high school physics, not mysticism – just simple scientific fact.

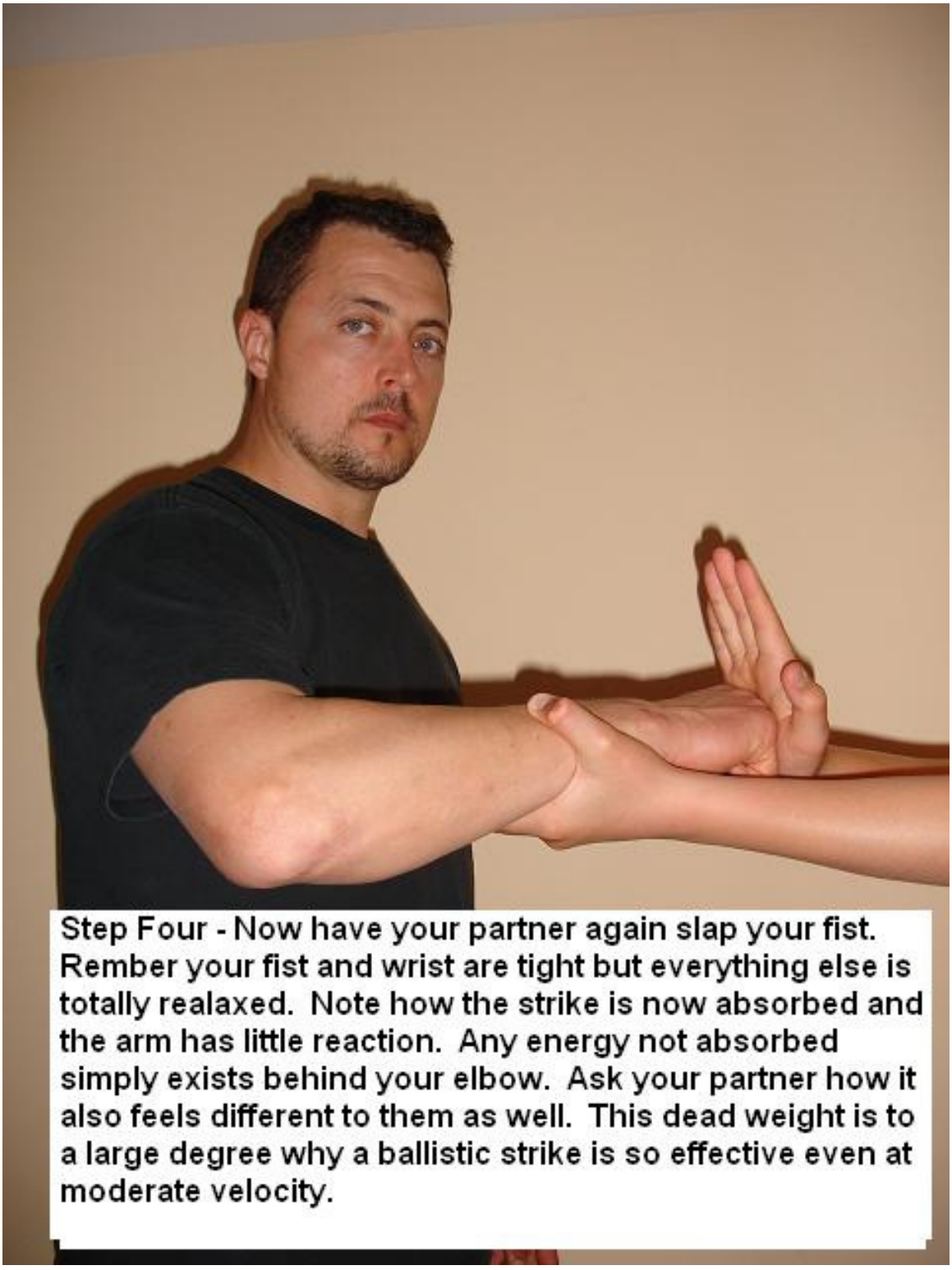
When you are rigid, you are taking a lot of reflected energy along with limiting yourself a great deal in how much power you deliver. When the body, shoulder and arm are loose the strike is powerful and effortless, again just like tossing a golf ball, but a 15 pound golf ball that you have total and almost effortless control of.

Illustrations for Exercise Three




Step Two - Now have your partner slap your fist with force. Notice how your head reacts and how much you feel the impact in your back, shoulders and arm. Understand this is how reflected energy effects you every time your throw a conventional punch.


Step Three - Now bend your arm at the elbow about 45 degrees. Keep your wrist tight but totally relax your upper arm and shoulder. Again have your partner grab your arm. Rember to be as relaxed as you can, only your wrist and fist are tense.



Step Four - Now have your partner again slap your fist. Rember your fist and wrist are tight but everything else is totally realaxed. Note how the strike is now absorbed and the arm has little reaction. Any energy not absorbed simply exists behind your elbow. Ask your partner how it also feels different to them as well. This dead weight is to a large degree why a ballistic strike is so effective even at moderate velocity.

Throwing a Basic Strike – Exercise Four

In this exercise I am going to walk you through throwing a strike. Not really a strike you would use in a fight because it is too telegraphed and too slow to be effective. What this is once again is simply another exercise to teach you how to feel the power at your disposal.

You can do this with a heavy bag or any striking target but if you want to really see the power of this exercise use a partner with a set of hand pads.

Caution – if you use a partner with hand pads make sure you are not doing this with someone a lot smaller then you and/or not experienced holding striking pads. The power of this simple strike can cause injury to the holder in the form of shoulder and neck injuries if they don't know how to hold pads properly and allow for absorption of the blow.

I will be talking you through a right handed strike, just reverse this to do it left handed.

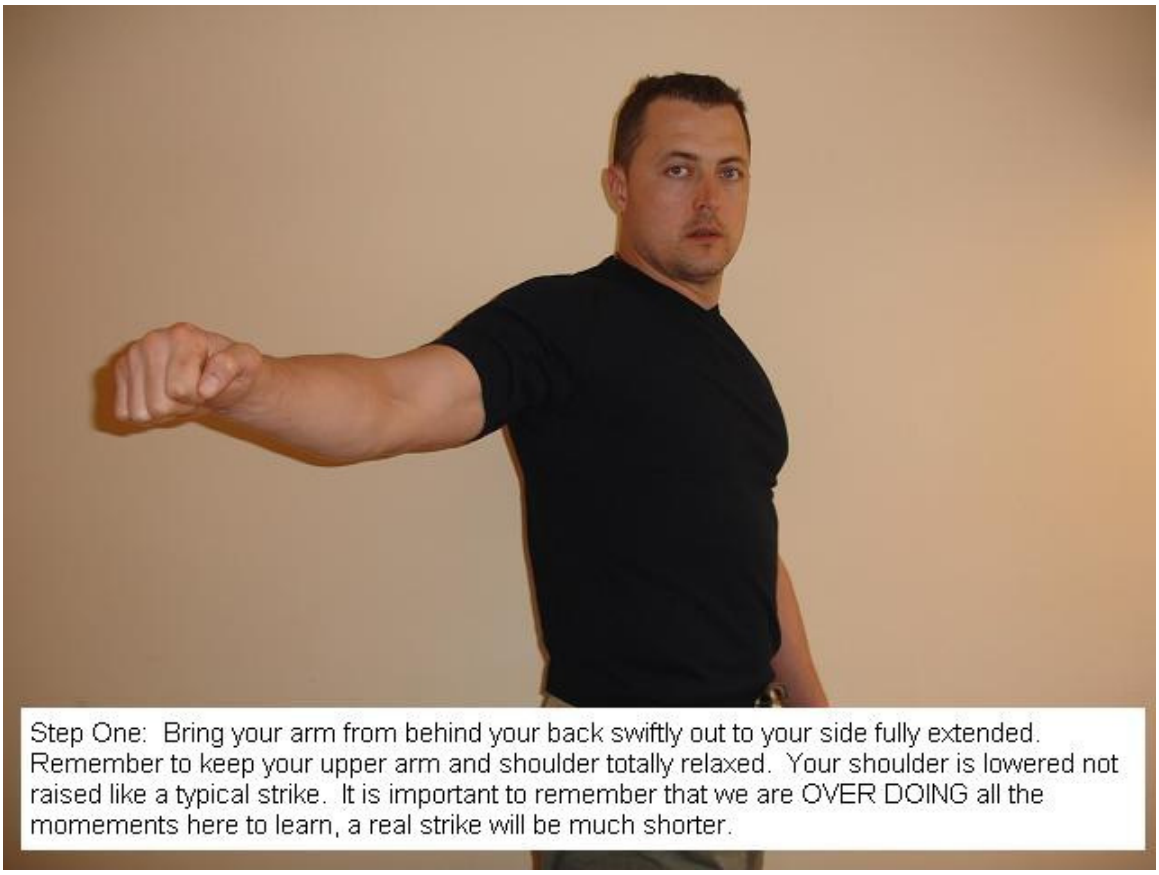
So in front of a heavy bag or with your partner holding hand pads I want you to again get your arms totally loose. Tense only your wrist and you should probably do this at first with an open hand slap, until you get in touch with the power you are about to unleash.

Stand totally natural there is no "stance" just keep your feet about shoulder width apart and keep your arms at your sides. Now turn your upper body about 90 degrees to your right but keep your head looking at your target.

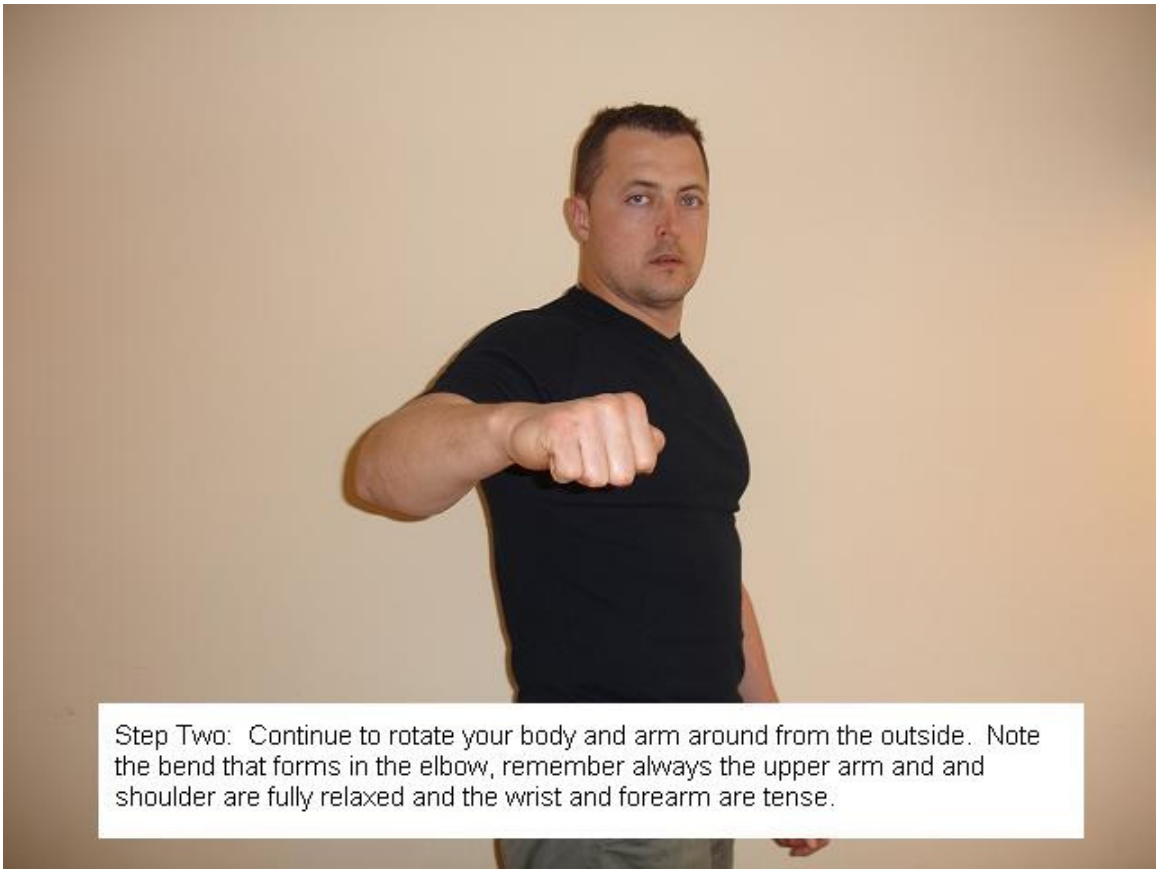
Your right hand should now be behind you, hanging loosely just behind your right buttock. Now in one motion keep your arm loose and slap the target turning your body into the strike. Swing almost like you are swinging a racket at a tennis ball. Just let your weight and body momentum carry the swing to the target.

After a few times practice letting go a bit just before impact. Again think about swinging a hammer and how right at the end of the swing you just let the weight do the work.

Illustrations for Exercise Four



Step One: Bring your arm from behind your back swiftly out to your side fully extended. Remember to keep your upper arm and shoulder totally relaxed. Your shoulder is lowered not raised like a typical strike. It is important to remember that we are OVER DOING all the momements here to learn, a real strike will be much shorter.



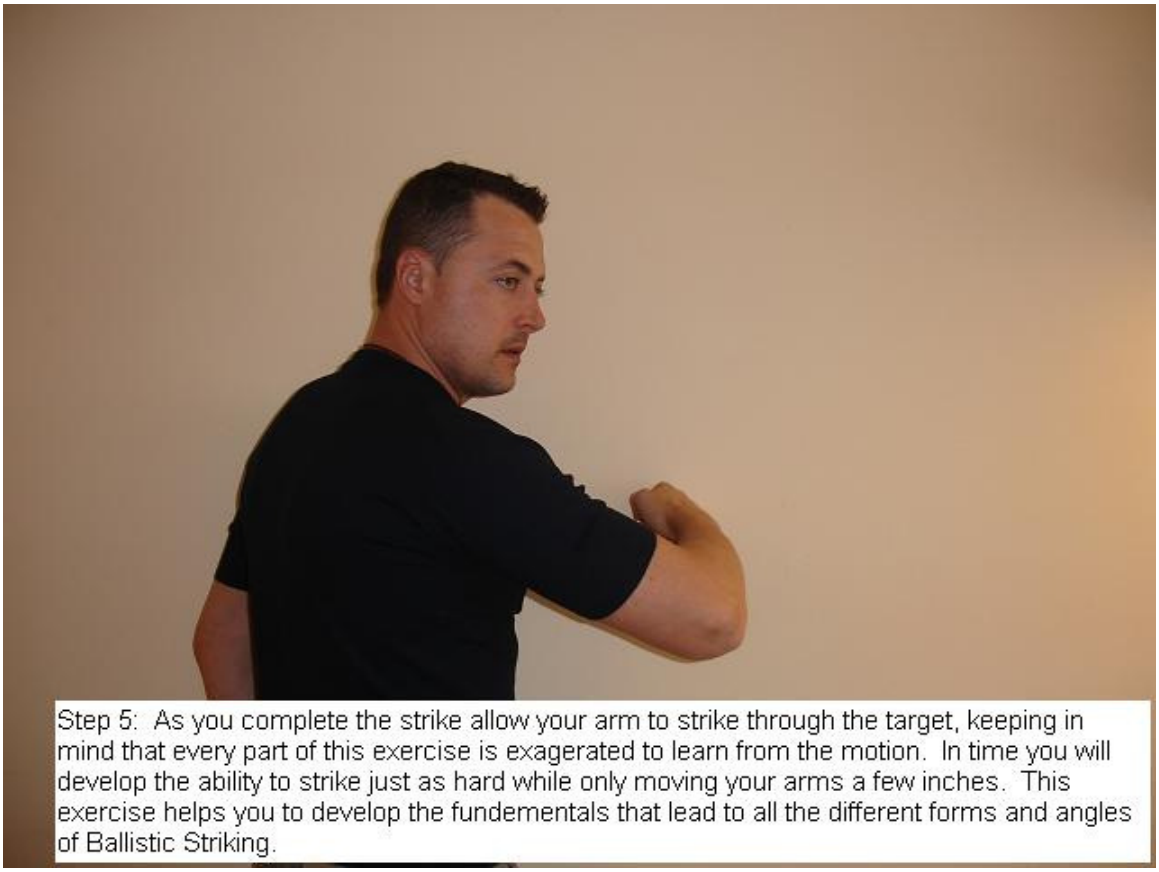
Step Two: Continue to rotate your body and arm around from the outside. Note the bend that forms in the elbow, remember always the upper arm and and shoulder are fully relaxed and the wrist and forearm are tense.



Step Three: At this position you are about 50% into the motion. You should be beginning to "release the strike" at this point letting the velocity and weight of your arm carry it through to the target. Rember to think about a proper hammer swing as drive the blow into the target.



Step Four: On Impact the entire surface of the fist impacts the target, not just the two knuckles as in a "typical punch". At this point you should be only guiding your blow, you should again be striking just as a hammer strikes a nail.



Step 5: As you complete the strike allow your arm to strike through the target, keeping in mind that every part of this exercise is exagerated to learn from the motion. In time you will develop the ability to strike just as hard while only moving your arms a few inches. This exercise helps you to develop the fundementals that lead to all the different forms and angles of Ballistic Striking.

It Is All About Internal Striking

I would like to remind you what the purpose of this book was. The purpose is simply to help you begin to understand the concept of ballistic striking and put you in touch with the weight in your arms. Understanding that weight and how to release it, will be key to developing the type of strikes that can quickly end a situation before it turns ugly, gets you hurt or even killed.

This type of striking is not about breaking bones or boards even though they are certainly capable of both. They are really about sending the impact force inside the body, in doing so very little force is necessary to shut down a system of the body and temporarily incapacitate the attacker. This allows you to quickly stop a fight or combat situation before it gets dangerous.

To understand this further again realize that this type of strike delivers force internally. That is to say that the impact actually is delivered to the lungs, stomach, spleen, or what ever organs exist behind the strike. Unlike a conventional strike which may be very powerful and even thrown much harder none of the blow is really absorbed by the external muscle or bones whose purpose is to guard and protect the internal systems.

So now consider what it would be like if you removed a person's rib cage and chest muscles and were able to punch them directly in one of their lungs or the abdominal muscles and strike them directly in their stomach. How much force would really be required to cause them extreme discomfort and totally disrupt the system for a period of time long enough to end the conflict or remove yourself from it? It should be clear that the answer is - not much force at all!

Well, that is what you need to understand about ballistic strikes. They are indeed very powerful but it is the way in which they transfer energy that makes them deadly and effective. It is all about by passing the external defense and delivering the blow directly to the internal system of choice. No person can truly stand to be punched in the lungs, stomach or liver with out some protective covering. Even a child could drop a grown man to his knees if the grown man had no rib cage or chest muscles to protect his lungs. Indeed a properly trained child could deliver a ballistic strike to a very large man and drop him to his knees in the same fashion.

This is not magic or mysticism again it is simple physics. Think about how you can step on one croquet ball and strike it with a mallet, the ball touching it then travels away with high velocity. What happened? Simple the force traveled through the first ball into the second ball which received the energy. This is not complicated, not magical and nothing beyond the grasp of the average person. That is my point, none of this is complicated it is only understanding the concepts then training yourself to deliver these blows in a way that lets simple physics work for your instead of against you.

Conclusion

I have explained the basics of Ballistic Striking to you and given you a series of exercise to compliment these basics. Does that mean you are now ready and able to utilize this type of striking in a real world situation? In 99.9% of the time the answer is clearly no.

Remember I authored this book to put the concepts into simple and scientific concepts to demystify them. I simply wanted you to be able to understand why you can watch parishioners of Russian Martial arts seem to put so little effort into a strike and have such incredible results.

The truth is when you watch these demonstrations on tape it is easy to disbelieve the results you see. It looks almost like an act and it just appears that the person being struck is falling down or reacting in a way to make the blow look far more powerful then it is. However, you should now clearly understand the difference between hype and reality!

Think about it once again, the average human arm weighs 15 pounds. A 15 pound club swung into a persons midsection with very little effort will easily put them down and hurt them a great deal. No one would be amazed by this, so don't be amazed by the fact that a 15 lb arm, conditioned to let go of the bodies self imposed limits will do the same thing. Another way to think about this is your arm weights a LOT MORE then a typical baseball bat.

This key is learning to let go of stiff and jerky movements, to have soft shoulders, soft upper arms and let one simple scientific law take over. That law is…

Mass x Acceleration = Force

Note that this is a law, not a theory which means when allowed to occur the results are always the same and in fact provable by math. Take a 1 pound object moving at 200 feet per second and it will deliver a massive amount of force on impact. Yet take a 6 pound object moving at only 100 feet per second and the impact and force transfer will be much greater and the damage much more severe. Even with a lot less speed in the equation. Now again remember you arm is about 15 lbs on average and once again there is no mystery here, just learned technique that allows physics to follow natural laws.

Final Thoughts

When I decided to really bring what I have learned to the masses I wanted to do it differently than others who have taught similar arts. I did not want to try to impress you with flash and a bunch of titles and credentials, so I have tried to minimize that approach and stick to simple facts.

Everything in this book is based on facts and science. Due to this all of the things I have explained to you could be stated by a mathematician, you see math never lies, 2 + 2 will always equal 4 just as a heavy object moving at a moderate velocity will always deliver a highly multiplied impact.

These facts form the basis of my system and make it easy to understand and learn. I would ask you to take them, work with them and prove their effectiveness to yourself and then consider taking your learning to another level.

I and my team have put a massive effort into the production of a 2 part DVD series called you guessed it Ballistic Striking 1 and 2. They are either currently available or soon will be at - **www.valriazanov.com**

I would like to suggest that you consider purchasing this DVD series so that I can teach you step by step how to deliver these strikes effectively and from any position. I can tell you that this ability has saved my life in the past many times over. This is no doubt due to the fact that my life has taken me into many situations that the average person thankfully will never be forced into.

Yet it only takes one time, one terrible situation, one attack to change your life forever or even end it. There are unfortunately people in this world that mean to do others harm, they don't care about you, your family or anyone that they hurt. They simply want to rob, steal or harm others just for the pure thrill of it. Such people are all around us, only fear of authorities or someone bigger then them keeps them in check. For them the rules of society and the law only apply when they are in danger of being caught or in a situation whey they feel weaker then an adversary. In short they are truly cowards but cowards that can do you a lot of harm none the less.

This is why it is important to me that this simple and effective means of defense be made available to any one who wants to learn. The coward will use force in numbers or a weapon to get his way and you must be prepared to protect those you love and yourself from them. The knowledge you gain will not only help you to survive such a situation in the horrible event that you end up threatened by someone that really wants to hurt you it can actually help you to avoid such situations in the first place.

When a man, woman or child truly knows how to defend themselves they carry themselves in a different way. Not with arrogance or in a way that says they are looking for a problem. Simply with an awareness and a confidence that will tend to make most cowards choose another target. Additionally, in a confrontation that could turn violent but has not yet turned violent, a confident (not arrogant) demeanor will often diffuse the situation.

This is what true self defense is all about. Avoiding confrontation through strength with violence as a last resort not a first response to a situation. It is about knowing how to handle yourself in any situation and being their for the ones you love at the end of the day, so you can take care of them.

I wish you the best and hope you choose to take the time to learn more about my training systems and Ballistic Striking.

- Val Riazanov -