

# COMPLETESTRENGTH SYSTEMA

## Australian Price List

ALL DVD'S/PRODUCTS ARE GENUINE

*****	PRICE	LENGTH
<b>DVD or Video</b>	<b>\$65</b>	
SYSTEMA HAND to HAND		2 hrs 25 min
<b>DVD or Video</b>	<b>\$45</b>	
Fighting in the Water		1 hr. 15 min
SYSTEMA Breathing		1 hr. 10 min
Fundamentals of Knife Disarming		1 hr. 20 min
Defense in Confined Space		1 hr. 25 min
Strikes		1 hr. 25 min
Personal Protection		1 hr. 35 min
Beyond the Physical		1 hr. 40 min
Gun Disarming		1 hr. 10 min
Escape from Holds		1 hr. 50 min
Wrestling: Systema Fundamentals		1 hr. 10 min
<b>Video Only</b>	<b>\$45</b>	
Defense against Mass Attacks		1 hr. 30 min
Knife Fighting & Throwing		1 hr. 5 min
Improvised Weapons		1 hr. 45 min
New York Seminars		1 hr. 20 min
<b>2 DVD's or 3 Videos</b>	<b>\$75</b>	
Russian Mega Fighting		3 hrs
<b>Book</b>	<b>\$30</b>	
LET EVERY BREATH		125 pages
<b>Heavy Duty T-shirt</b>	<b>\$35</b>	
CICTEMA		100% Cotton
<b>INTRODUCTORY PACK</b>	<b>\$110</b>	REGULAR PRICE
SYSTEMA HAND to HAND	DVD	\$65
CICTEMA	T-shirt	\$35
LET EVERY BREATH	Book	\$30
		<u>\$130</u>

\*Prices quoted are in AUS Funds\*

Please allow 3weeks for delivery

Payable to: A. Ellis  
0414-770062

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