

# The Gaia System

Best Gaia Techniques Training Guide

Russell Stutely

# Introduction

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This workbook is designed to help you understand each of the main techniques on the DVD's in the Gaia System.

It is IMPERATIVE that you fully understand the BONUS DVD on Power Generation and Players. This is CRUCIAL NEED TO KNOW Information.

Without these EXTRAS then the System will lose much of its effectiveness.

The whole point of the Gaia System, is to put EVERYTHING together, to make each technique as BRUTAL and EFFECTIVE as possible.

These techniques are NOT FOR SPORT. They can be modified and toned down, in some cases, and used for the sporting Arena.

That is ALWAYS a good place to start when looking for the best techniques for Self Defense. REMEMBER: Techniques are BANNED in Sport for a reason!

This workbook can be used as a handy reminder of what to be doing next.

Training and more importantly, TRAINING SMART, is the very best way to advance your skills very quickly indeed.

Enjoy the workbook and remember to take your time, to truly learn, absorb and own each and every technique.

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## Systema – Stomach Shot



Attacker squares off ready to throw a shot



Deflect and step off to the 45 degree angle from the attacking arm, getting to the outside of the attacker, just in case.



Keeping your momentum going, use all the principles you know from power generation. Note the raise in the hip, to ensure that the strike that is coming



Lands heavily, in and down on the attackers stomach. This has finished many a fight, before it even got started.

## Krav Maga – Low Kick



From a standing grapple position. Create a base by holding your opponent firmly



To gain max power, ensure that all power principles are in place.



Whilst holding on to your attacker, drive your stomp kick through the inside shin at Sp6. You MUST drive your foot in and through, trying to “cut” through the shin and into the floor.



If on the ground, stamp through the shin, several times if needs be, whilst controlling the other leg. Once you have heard all the right noises



Slam your shin down above the break and wrench their foot up into the air, thereby making the break much worse. Rag the foot like a dog with a bone, to sever that artery for 18 second internal bleed out.

## Aikido – Same Side Arm Grab



Arm is grabbed. Strike first



Bring your grabbed arm up and around. Utilising your own bodyweight to assist in the movement.



As you step in. Your free hand comes underneath.



And grabs the attackers hand. Pulling their fingers around and in. Follow all the way though in one big arc



From another angle. With big gaps for illustration only. With a wall for a base. At this point the attackers arm is a few mm away from being broken



With speed and ferocity of a whole waveform motion. Your finish position is right round to your own opposite hip. Obviously I let go in this demo.

## BJJ - Twisting Kimura



The standard Kimura position



Pulling elbow towards hip. It works a treat



However, by rotating their arm, like revving a motorbike. The break is already started at this position.



Your elbow smashed down into their face, creating another base. You then connect the Fig 4 as normal



Then rip everything across the ribs towards where my finger is pointing. This destroys the arm completely.

# Notes

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