



RUSSIAN MARTIAL ART

SYSTEMA™



FULL IMMERSION

CAMP 2014

THE POWER FROM WITHIN

Aug 11th to 16th, 2014

Toronto, Canada

Instructors:

Vladimir Vasiliev, Konstantin Komarov
& Valentin Talanov

INFORMATION PACK



FULL IMMERSION

Systema Camp 2014

DATES: August 11th through August 16th, 2014

LOCATION: Lakeside training grounds with vast forest and open fields.
North of Toronto, Canada

ALL-INCLUSIVE with Training, Accommodations, Meals
and Transportation to campsite

TRAINING: FULL IMMERSION INTO SYSTEMA

Non-stop training in the Field, Forest and Water, Day and Night time.
Capture the knowledge, gain true health and maximize
your skills to prevail.
Profound, inspiring and rejuvenating!
Discover **the Power from Within.**

Call +1-905-881-4711 or
email training@RussianMartialArt.com



To receive a FREE 90 minute DVD with Systema lessons, demos and Camp preview please email your postal mailing address to: training@RussianMartialArt.com

YOUR INSTRUCTORS



Vladimir Vasiliev • Director and head instructor of Systema HQ Toronto • Exclusive experience in the Russian special operations unit



Konstantin Komarov • Major of the Russian special service, police force and military reconnaissance
• PhD in combat psychology



Valentin Talanov • Trainer of international class athletes and sports teams • One of the top health and fighting specialists in the world

GENERAL ITINERARY

applies to most Camp days.

(the training program is subject to change)

Wake up time at 7 AM

BREATHWORK and EXERCISE SESSION at 7:15 AM

Breakfast served at 8:30 AM

MORNING TRAINING with the masters

Lunch served at 2 PM

AFTERNOON TRAINING with the masters

Dinner served at 7 PM

Followed by EVENING WORKSHOP with the masters

Preparation for sleep at 11 PM. These times may vary on the days of arrival, departure and night training sessions



TENTATIVE TOPICS

BREATHING MASTER-CLASS

Unique breathing practices to dramatically raise your training potential and to enhance your health. Breathwork to develop sensitivity and achieve inner control. Breathwork to reduce fatigue, tension, fear, aggression and pain. Breathwork as preparation for hand to hand combat, strikes and weapons work. Integration of breath and movement.

HEALTH

Practices of tissue impact, bodyweight massage, percussive massage, joint tapping and visceral pressures. Discover the direct connection between bodywork and preparation for combat. Take yourself far beyond the standard workouts and achieve explosive might in every cell of your body. Relaxation and restoration techniques. Healing old injuries. Disease prevention.



SYSTEMA FUNDAMENTALS

Primary and Advanced Hand-to-Hand Combat, Holds and Escapes, Ground Fighting, Weapons Disarming and Use of Knives and Wilderness Sticks, Gunpoint Supremacy, Instant and subtle drawing of weapons.

STRIKES

Learn a tremendous variety of strikes, the apparent and the subtle, surface and internal, delivered with precision and efficiency. Study the correct and safe ways of delivering and receiving strikes as used in fighting and in healing. Phenomenal use of breathing, tissue work and psychology to dispel direct blows, to pull negative impact out of the body. Train to eliminate punch anticipation and the fear of hitting hard.

MOVEMENT

Defeating your opponents on the move with pinpoint accuracy. The key to all effective combat is natural movements - swift, subtle and effortless. Learn how the skill of true precision is derived from control over your own psyche. Amazing drills and instruction on solo and team work, holds and strikes, from focused preparations to knife slashing, defensive and offensive use of knives. Stable movements in diverse settings such as uneven terrains and water.

SURVIVAL

Forest, Field, Slopes and Water, psychology and reserves of psyche in extreme situations. Awareness and concealment. Accelerated preparation for challenging conditions. Unexpected encounters. Survival and combat at night time with no sources of light (PARTICIPATION IS OPTIONAL).



PRACTICAL CONTROL OF EMOTIONS

Identify and control the core emotions that destroy our success in training, fighting and everyday life: anger, fear, resentment, depression, irritation and pride. Detect and remove tension and fear in oneself and partners. Water as a training tool for the psyche.

STREET CRIME

Unprecedented opportunity for a hands-on experience of playing a role of a pickpocket or snatcher. Train to sense danger, understand the mentality of a thief and read the signs of a looming crime. Learn how the criminal picks his victim and witness the drills to foresee and prevent becoming a victim yourself.

CONDITIONING

Intensity of conditioning will be adjusted based on individual abilities.

Breath-powered exercises. Strengthening the body and spirit through contact with terrain, trees, water, group and partnered exercises. Effect of exercise on psyche.

SINGLE AND MULTIPLE OPPONENT CONTROL

Evaluating opponent's capabilities. Estimating vulnerable zones in yourself and opponents. Team work. Beat the odds, defense against multiple attackers, crowd control and survival.

DISCUSSIONS

Thought-provoking discussions. Stories from the masters' personal experiences. One-on-one and group question/answers sessions.



TRAIN HARD OR RELAX

There is no obligation to participate in every scheduled activity. You may choose to rest by the lake or in your cabin, observe the training, take notes, take pictures, or help yourself to a coffee, tea and snacks that are available all day in the dining room.

INSTRUCTOR EVALUATION and RENEWAL

During the course of Full Immersion Camp, a set time will be specifically devoted to Instructor Training and Evaluation. The master instructors will take the currently certified and aspiring instructors through an in-depth preparation for Systema Instructorship.

This will include sharing the insights on the best ways to teach Systema, run classes, overcome challenges and to reach top level of skill. Time will be allocated for individual testing, where each participant of the instructors workshops can receive specific feedback and recommendations on his performance.

Full Immersion camp is an ideal setting and the best opportunity for the currently active Systema Instructors to renew their Certification and for the aspiring instructors to be considered for the official Certification.

By popular demand, new important topics will be presented to everyone who is teaching Systema and to all those who need to learn them.

- TRAINING FOR CHILDREN AND YOUTH
- WORKING WITH THE ELDERLY AND DISABLED



CAMP SETTING

Beautiful summer campgrounds on 95 Acres of forest and fields set on lake Swallowdale, one of the most picturesque lakes of Ontario. The entire camp territory and beachfront is reserved exclusively for the training and recreation of the Systema group. Driving time from Toronto to the campsite is about 2.5 hours and driving time from nearest town of Huntsville, Ontario is 15 minutes.

GETTING TO & FROM THE CAMP

You will be picked up from Toronto Pearson International Airport or from the Systema HQ Toronto School location and taken directly to the campsite at 9 or 10 AM on Monday, August 11th. Maps and directions will be provided for those who wish to drive themselves. On the departure day, Saturday, August 16th you will be brought to Toronto either to the airport or to the Systema HQ School at 2 PM. The exact times and locations will be provided.



WHAT TO BRING WITH YOU

Basic clothing and personal items appropriate for summer camp setting will be needed. A detailed Packing List will be provided to all participants. The following items will be required, a Training Knife (made of hard, not bendable material) and a non-slip Exercise Mat. Spetsnaz shovel and sheath is optional. You may bring these items with you, or you may purchase them at camp.

MEALS

Three hearty meals per day will be served in the large cottage style dining room. The portions are large, the food is nutritious to re-energize you for the intense training program. Fruit, coffee, tea and snacks will also be available throughout the day. Vegetarian meals available upon request.





CABINS & TENTS

Cozy wood cabins accommodate 8-12 people. Hot showers are available. You may bring your own tent to sleep in, rather than the cabin accommodations. There will be a designated area for tents. All participants, regardless of where they are sleeping, will get a pre-sanitized sleeping bag and pillow.

SWIMMING & BOATING

Each day there will be time set aside for rest and recreation, such as leisurely swimming/dousing and beach time. Lifejackets and boating equipment will be available.

WEATHER

The wilderness weather in August tends to be very warm 24-34 degrees C or 75-95 F in the daytime, cooler down to 10 degrees C or 50 degrees F at night time.

EXTRA DAYS IN TORONTO

Participants who wish to attend the scheduled training sessions at the Systema HQ School for some time before and /or after Camp are welcome to do so.

ON SITE SYSTEMA STORE

A store will be set up for the duration of Camp with a big variety of Systema products and Russian souvenirs at discount prices.





WHO CAN ATTEND THE CAMP

- Participants must be at least 18 years of age
- No previous martial arts background is required. No special physical abilities are needed; however, the participants must be in a reasonably good health and physical condition.
- If you have not trained in Systema before, it will be essential to have studied from at least some of our instructional films and read Let Every Breath book before the course begins.

FEES In Canadian or US dollars:

Summer registration (if spots still available) - **\$2,795**

Payable with a check or money order

Credit card and PayPal payments - add surcharge of \$50

Deposit required: **\$500**

No surcharge for the deposit portion of the fee

Demand for this event is overwhelming.
Number of spots is very limited. Reserve now.

**APPLY for
Camp 2014**

For additional information contact Systema Headquarters directly
by phone +1-905-881-4711 or
email training@RussianMartialArt.com



*examples from previous Camp



EXTRAS

All participants will receive a Complimentary Full Immersion Systema Camp T-shirt and an official certificate for the training course completed. Registered participants will be receiving more detailed information on the camp setting, programs, preparation, packing lists, maps, and pick-up time options.



RECOMMENDED PREPARATION

If you have not participated in any Systema events or training previously, please review one or more of the listed instructional materials:

- Systema Hand to Hand
- Systema Breathing DVD and book package
- Lessons from Camp
- Train and Teach Systema
- Street Crime

- The Combative Body
- Escape from Holds
- Fighting in the Water
- Fundamentals of Knife Disarming
- Knife, Unconditional Mastery

All registered camp participants can receive camp discount pricing of only \$15 per DVD. Please request that when you place your order.

Take advantage of the discounts offered on the **10 DVD Combo package**

REVIEWS

"WOW what an amazing week! I'm still reeling from the insights and realizations that were invoked during the camp. Before leaving Australia I had already decided upon a number of areas in which I wanted to work, fear and self mastery were among them. I must admit to getting more than I bargained for, the camp did push me. I found the work around development of the psyche particularly interesting and will definitely pursue further training and development in this area. BREATH. Definitely an area in which I'll be doing a lot of work. Huge thanks, love and respect to everyone who attended and worked to make the summit the success that it was." *Kalvin Smith, Australia*

"The Systema Camp exceeded my expectations, and I left there with a very strong understanding of Systema. The days were filled with meaningful instruction, and an excellent interconnection between the topics. The instructors tied the sessions together into a coherent concept. This concept was Systema! I look forward to the next event." *Brendan Boyle, Florida - USA*

"An all round amazing experience, from the training through to the location through to meeting and working with so many great people! From early morning exercises to candle light in the forest - so many magical memories." *Jeff Sherwin, California - USA*

"After almost a month of the seminar, I am still trying to digest all the information, insights and exercises from that amazing week. Till now I am still remembering and understanding what we trained. It has been much easier to understand so many things that I have been practicing for so long!!! Many thanks to everybody that was there. Special thanks to Vladimir for all the information. So many new friends from the week, that is hard to list everyone in here, but I'm very glad to be part of this new family!!" *Guilherme Eduardo Stamato "GAFA", Brazil*

"Systema summer camp in Canada was everything I've expected & more. We were fortunate to acquire the experience of carefully guided & masterfully assisted process of self-exploration." *Rachel Klingberg, New York - USA*

"The experiences of the Systema summer camp week are so rich & powerful that even after returning home it seems impossible to express them adequately... Fresh air, clean lake, natural forest, fantastic instructors, great bunch of guys to train and celebrate with... Amazing" *Sergey Makarenko, California - USA*



Click [here](#) to view our online **Photo Galleries**



Mailing address:
V. Vasiliev
137 Birch Ave,
Richmond Hill, Ontario,
CANADA L4C 6C5

If you have any questions please do not hesitate to call Systema Headquarters directly Toll free at
1-866-993-0400
or +1-905-881-4711 (International)
See you at Full Immersion Camp 2014!

Read
Camp Stories

APPLY for
Camp 2014

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