



# FIT — TO — FIGHT

THE MASTER KEY TO  
YOUR FULL POTENTIAL

SYSTEMA CAMP  
AUGUST 9-14, 2020  
TORONTO

**Once every two years...** there is a week when the inhales get deeper, punches get heavier, and new challenges empower the body and spirit.

The theme of Camp 2020 is **Fit to Fight**. We will be expanding the reserves of our body and psyche through powerful Systema exercises as well as new concepts and practices that have never been covered before. The training and the entire setting is designed to be the **master key to your full potential**.

Regardless of your age and previous experience, you will be able to maximize your health, fitness level, and combative abilities.

### **DATES**

Sunday, August 9th through  
Friday, August 14th, 2020.

### **LOCATION**

Lake Rosseau College, cottage style residence, North of Toronto, Canada with the training grounds of open fields, forest, and lakeside.

### **ALL-INCLUSIVE**

with training, accommodations, meals, and transportation to campsite.

### **CALL**

**+1-905-881-4711**

### **EMAIL**

[training@RussianMartialArt.com](mailto:training@RussianMartialArt.com)

To receive a **FREE** 2 hour DVD with Systema lessons, demos and Camp preview please email your postal mailing address to:

[training@RussianMartialArt.com](mailto:training@RussianMartialArt.com)

or view a **FREE** 9 minute video:

**Camp Training**



## HEAD INSTRUCTOR



### VLADIMIR VASILIEV

- Director and Head Instructor of Systema HQ Toronto since 1993.
- Over 45 years of combative and martial arts experience.

Vladimir will be assisted by highly skilled instructors certified by Systema HQ Toronto.

## GENERAL ITINERARY

applies to most Camp days (the training program is subject to change)

Wake up time at 7 AM

**BREATHWORK & EXERCISE SESSION AT 7:15 AM**

Breakfast served at 8:30 AM

**MORNING TRAINING 10AM - APPROX 1:30PM**

Lunch served at 2 PM

**AFTERNOON TRAINING 3:30PM - 6PM**

Dinner served at 7 PM

**NIGHT TRAINING 8PM - VARYING TIMES**

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

**SPECIAL EVENING PROGRAM ON  
THE LAST NIGHT OF CAMP**

## TENTATIVE TOPICS

### BREATH AND BODY

Understand and enjoy breath as an introduction and development of skill. Practice unique breathing exercises to expand body potential for all levels of fitness, martial art skills, and survival abilities for any critical situation. Master breathing to reduce fatigue, stiffness, fear, aggression, stress, and pain.

### HEALTH

Practice smooth movement exercises to free your body from tension and stress. Study visceral pressures, percussive, tapping and bodyweight massages, and tissue impact. Discover the direct connection between bodywork and preparation for combat. Learn to heal old injuries, restore from workouts and from everyday stress.

### THE PILLARS OF SYSTEMA

- Structure (posture and form)
- Breathwork (and application to reality)
- Relaxation (physical and psychological)
- Movement (body in a fight)





## STRIKES

Study the correct and safe ways of delivering and receiving strikes as used in fighting and in healing. Learn a vast variety of strikes: the apparent and the subtle, surface and internal, classic strikes, stealth strikes and short work. Study ways of filling yourself and your partners with power, removing and dispersing power. Study how location of a strike is determined by yours and your partners' emotions. Work with the imminent strikes.

## CONTROL OF EMOTIONS

Identify and control the core emotions that destroy our success in training, in fighting and everyday life: anger, fear, resentment, sadness, irritation and pride. Detect and remove tension and fear in yourself and your partners. Use training in the water, darkness, rain, and heat as tools to stabilize psyche.



## FEAR CONTROL

Learn to overcome fear by realistic evaluation of danger, with quick decision making, and by having the solution and the strength to carry it out. Learn to feel your heart rate, match it to breathing, and to slow it down as needed. Understand your reaction to sudden threats. Remove and resolve the consequences of a fearful experience.

## MOVEMENT

Learn how to move with lightness and power in the field, forest, and water, on uneven terrain and in the darkness. Movement as a master key to all tactical work, adaptable against any threat, single and multiple opponents, in a crowd and more. Discover natural movements for swift, subtle and effortless work. Learn how the skill of true precision is derived from control over your own psyche.

## SURVIVAL

Train in the challenging environments such as low or no light, rain or heat, wet grounds, rough terrain, thick of the forest, in the lake to strengthen the reserves of psyche. Go beyond the regular signals to your senses, heighten your perception and awareness. (PARTICIPATION IS OPTIONAL)

## CONDITIONING

(INTENSITY OF CONDITIONING WILL BE CUSTOMIZED BASED ON INDIVIDUAL ABILITIES)

Develop both the explosive muscle power as well as the endurance and stamina. Enjoy exercises that rejuvenate and fill your movements with power.





## **SIGNS OF DANGER**

People have always wished to sense the danger before it becomes a reality. This ability can be developed to a professional level. What you need is the right setting, the right state of mind and the right set of drills. Study how to detect the weapons, prevent the draw, feel the intention, sense the carry and sense the threat.

## **MULTIPLE ATTACKERS AND CROWD**

Learn to defend yourself and your friends in a crowd. Gain the skills of seeing and evaluating the entire space instantly. Expand simultaneous attention on several persons and situations. Advance the skill of carrying through your task regardless of the crowd. Use a crowd as a tool to see your own emotions, to eliminate fear, hesitations and slowdowns. Have fun with team work.

## **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 room or lounge, to observe the training, take notes, take pictures, or help yourself to fruit, coffee, tea and snacks that are available all day in the dining room.

## **PERSONAL COMMUNICATION**

In Systema, personal interaction between instructors and students is of high importance. Vladimir Vasiliev and his team of instructors are open to any individual questions and are readily available to offer help during training sessions and recreation time.





## INSTRUCTOR EVALUATION & RENEWAL

During the course of Fit to Fight Camp, a set time will be devoted to Instructor Training and Evaluation. The currently certified and aspiring instructors will go through an in-depth preparation for Systema teaching. This will include sharing 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 instructor workshops can receive specific feedback and recommendations on their performance. Fit to Fight 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.

## INSTRUCTOR MASTER CLASSES

How to teach Systema. Topics will include:

- Relaxing yourself and your students for an effective class
- Diversity of warm-ups and exercises
- Teaching beginners, professionals, and students from other martial arts
- Coping with injuries and stress
- Helping the timid and less capable students
- Developing ideal progression through the levels of complexity
- Keeping up with diversity and enthusiasm
- Tips on studying from instructional videos and books
- Optimal ways to demonstrate, explain, and be aware in class, to train assistants, teach at seminars, and run a successful school

## CAMP SETTING

Beautiful campgrounds on 45 acres of forest and fields set on Lake Rousseau, one of the more picturesque lakes of Ontario. The entire camp territory and beachfront is reserved for the training and recreation of the Systema group. Driving time from Toronto to the campsite is less than 2.5 hours and driving time from the nearest town of Bracebridge, Ontario is 35 minutes.

## GETTING TO & FROM THE CAMP

Arrival: You can choose to be picked up from Toronto Pearson International Airport at 10AM or from the Systema HQ Toronto School and taken directly to the campsite at 9AM on Sunday, August 9th. Maps and directions will be provided for those who wish to drive themselves.

Departure: On the departure day, Friday, August 14th, you can choose to be brought to Toronto either to the airport or to the Systema HQ School at 2 PM. The exact details will be provided to registered participants.

## WHAT TO BRING WITH YOU

Basic clothing and personal items appropriate for summer camp setting will be needed. This will include clothing for training in the field, forest, and water as well as a **training knife** (made of hard, not bendable material). You may bring the training knives with you, or purchase at camp. A detailed packing list will be provided.

## MEALS

Three hearty meals per day will be served in the large cottage style dining room. The portions are large and 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 are available upon request.





## CABINS & TENTS

Residence style rooms accommodate 2 to 6 people. Hot showers are available. You may bring your own tent to sleep in, rather than the residence accommodations. There will be a designated area for tents. All participants, regardless of where they are sleeping, will get a pre-sanitized sleeping bag, sheet, and pillow.

## SWIMMING & BOATING

Each day there will be some time 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 warm 24-30 degrees C or 75-86 degrees F in the daytime and cool down to 10 degrees C or 50 degrees F at night time.

## EXTRA DAYS IN TORONTO

Participants who wish to attend the scheduled classes or private massage sessions at the Systema HQ School for some time before and/or after Camp are welcome to do so. Please check [Visit Toronto](#) page for details.

## ON SITE SYSTEMA STORE

A store will be set up for the duration of Camp with a large variety of Systema products and some 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 specific 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** and **STRIKES: Soul Meets Body** books before the course begins.

## REGISTRATION

FEES in dollars (equivalent in Euros or Japanese Yen accepted)

### EARLY REGISTRATION SPECIAL

payment due by March 31, 2020.

**\$2690** when paid with a check, money order, or cash.

**\$2790** when paid by credit card or PayPal.

**Deposit required  
\$500.**

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

**APPLY FOR  
CAMP 2020**

For additional information contact Systema Headquarters directly by phone **+1-905-881-4711** or email [training@RussianMartialArt.com](mailto:training@RussianMartialArt.com)



## TESTIMONIALS

Systema training camp is an extraordinary value, with **years of knowledge and experience compressed into a few days**. In its professionalism (in every aspect of skill, organization, consistency and foresight) and authentic personal concern for the participants, this event has no equal in martial arts training or anything else.

**Matt Conner, CA, USA**

*I truly enjoyed the camp. I appreciate Vladimir, staff and all the training partners. Two important things. First, the **unique training environment** conditions – daytime, midnight, on the grass, forest and water, with knives, sticks and clothes were all very powerful to develop sensitivity and diverse skills. Second, a wonderful opportunity to train with people from many countries. It was so interesting. We usually train in our own countries and tend to see Systema from one side. The camp showed numerous aspects of Systema.*

**Kaneta Shun, Ehime, Japan**

*The camp truly was an amazing experience! Words are not enough to express how grateful I am to Vladimir, Valerie and the Systema HQ Team. It was **over 20 hours to get to Toronto from Brisbane**, Australia but it was worth every minute. My personal highlight was training in the forest. Seeing Vladimir work was just mind-blowing.*

**Ryan Cahill, Brisbane, Australia**

*Training in Systema camp allows you to find ways to be **truly relaxed and strong**. Russian Martial Art is not only beneficial for self defence but is it also an exceptional way to study yourself, your environment, and your health.*

**Oleksiy Chupryna, Toronto, Canada**

*What a wonderful chance of a lifetime camp was. I will talk about this for the rest of my life. After studying martial arts for 25 years, tension was in my way and I didn't even know it. The camp was a progression for me. The first few days, I was consistently told I'm stiff and tense. By the 3rd day, I was hearing quite the opposite. Systema has enabled me to **remove a lifetime of tension**. I am a police officer and I no longer move with tension, stress, or fear, I move where I can find and place breath. My strikes became more fluent, my groundwork is relaxed, my falls and rolls are a joy to me. And the greatest blessing of all is that my relationship with my family and with God has gone to new heights. I feel a sense of calm that I've never had before in my life. **ABSOLUTELY** life altering!!!! I look forward to 2020!!!!*

**Jim Bergdoll, ME, USA**



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If you have any questions  
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**1-866-993-0400**  
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(International)



**SEE YOU AT FIT TO FIGHT CAMP 2020!**