



SYSTEMA™ CAMP 2016

CORE MASTERY

AUGUST 15 - 20, 2016

TORONTO, CANADA

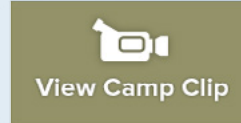
INFORMATION PACK

Hosted by Vladimir Vasiliev,
Systema HQ



SYSTEMA™ CAMP 2016

CORE MASTERY



This summer, Systema uncovers the core.

Some of the key elements are Breathing, Structure, Movement, and Relaxation. Yet, there is something at the root, the expansion, and the peak of skill.

Vladimir believes that **“A stable psyche generates skill.”**

How does one gain that calm and strong spirit?
Through diverse and challenging experiences.

This is exactly what camp offers. A rare possibility to train in the open field and the confined space of the woods, on uneven terrains and concrete, in lake waters, at dusk, dawn and night time. A unique opportunity to train with positive and energetic people who come from all over the globe with their different backgrounds and abilities. A solid and profound training program, designed and led by the world-renowned head instructor Vladimir Vasiliev and his top-class team of assistants. The exercises, discussions, demonstrations, lessons, and assignments have perfect structure and ideal progression.

Every day of camp, participants go through an entire spectrum of all training elements. The outstanding accomplishments will be apparent, inspiring, and will last a lifetime - a true indication of core mastery.

DATES: August 15th through August 20th, 2016

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

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

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



To receive a FREE 2 hour, 12 minute DVD with Systema lessons, demos and Camp preview please email your postal mailing address to: training@RussianMartialArt.com

HEAD INSTRUCTOR



Vladimir Vasiliev

- Director and Head Instructor of Systema HQ Toronto
- Extensive experience in the Russian special operations unit.

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

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

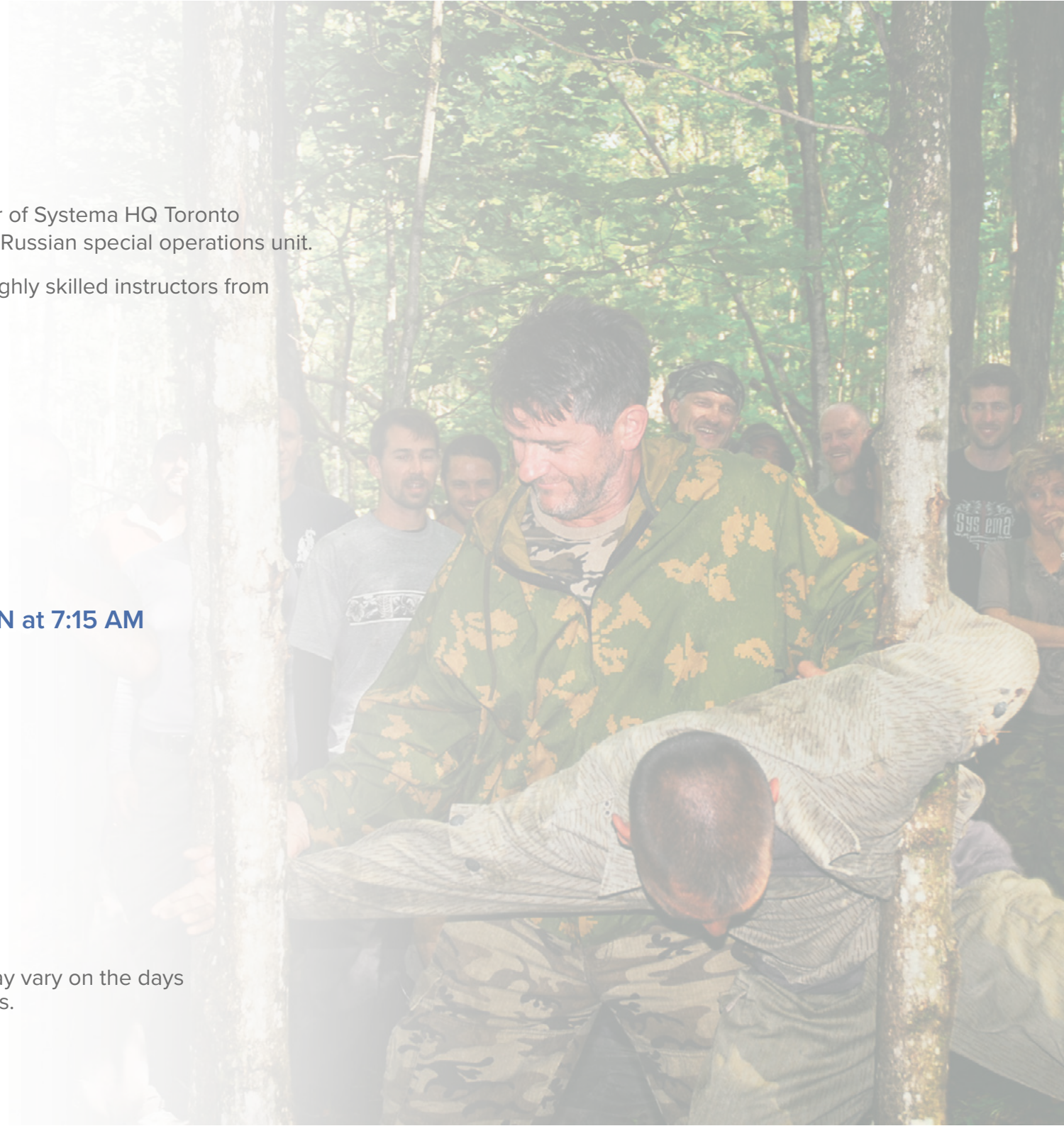
Lunch served at 2 PM

AFTERNOON TRAINING

Dinner served at 7 PM

Followed by EVENING WORKSHOP

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

Experience unique breathing practices to dramatically raise your training potential and to enhance your health. Use breathwork to develop sensitivity and achieve inner control, to reduce fatigue, tension, fear, aggression and pain. Apply breathwork to prepare for hand to hand combat, strikes and weapons work. Interconnect breathing and movement.

HEALTH

Practice tissue impact, bodyweight massage, percussive massage, and visceral pressures. Discover the direct connection between bodywork and preparation for combat. Take yourself far beyond the standard work-outs and achieve explosive might in every cell of your body. Master relaxation and restoration techniques, healing old injuries, and disease prevention.



SYSTEMA FUNDAMENTALS

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

STRIKES

Hit Different - The unique methodology of Strikes training, as covered in Vladimir Vasiliev's latest book, **STRIKES: Soul Meets Body**. 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. Practice phenomenal use of breathing, tissue work and psychology to dispel direct blows and to pull negative impact out of the body. Train to eliminate punch anticipation and the fear of hitting hard.

MOVEMENT

Defeat 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, defensive and offensive use of knives, from focused preparations to knife slashing. Develop stable movements in diverse settings such as uneven terrains and water.

SURVIVAL

Train in the Forest, Field, Slopes and Water, to strengthen psychology and reserves of psyche in extreme situations. Cope with challenging environments and natural elements. Learn how to use your own and your opponent's clothing as weapons. Accelerate preparation for challenging conditions. Study 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. Use water as a training tool for the psyche.

FEAR CONTROL

Coping with fear on 3 levels: personal fear, fear of physical impact, and fear of weapon confrontation. Practice optimal breath and muscle work to deal with each situation.

CONDITIONING

Intensity of conditioning will be adjusted based on individual abilities. Explore breath-powered exercises, strengthening of the body and spirit through contact with terrain, trees, water, group and partnered exercises. Study the effects of exercise on the psyche.

SINGLE AND MULTIPLE OPPONENT CONTROL

Evaluate your opponent's capabilities. Estimate vulnerable zones in yourself and opponents. Practice and have fun with team work, beat the odds, defense against multiple attackers, crowd control and survival.

DISCUSSIONS

Enjoy thought-provoking discussions and stories from the masters' personal experiences, and 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 fruit, coffee, tea and snacks that are available all day in the dining room.

INSTRUCTOR EVALUATION & RENEWAL

During the course of Core Mastery Camp, a set time will be specifically 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 instructors workshops can receive specific feedback and recommendations on his performance.

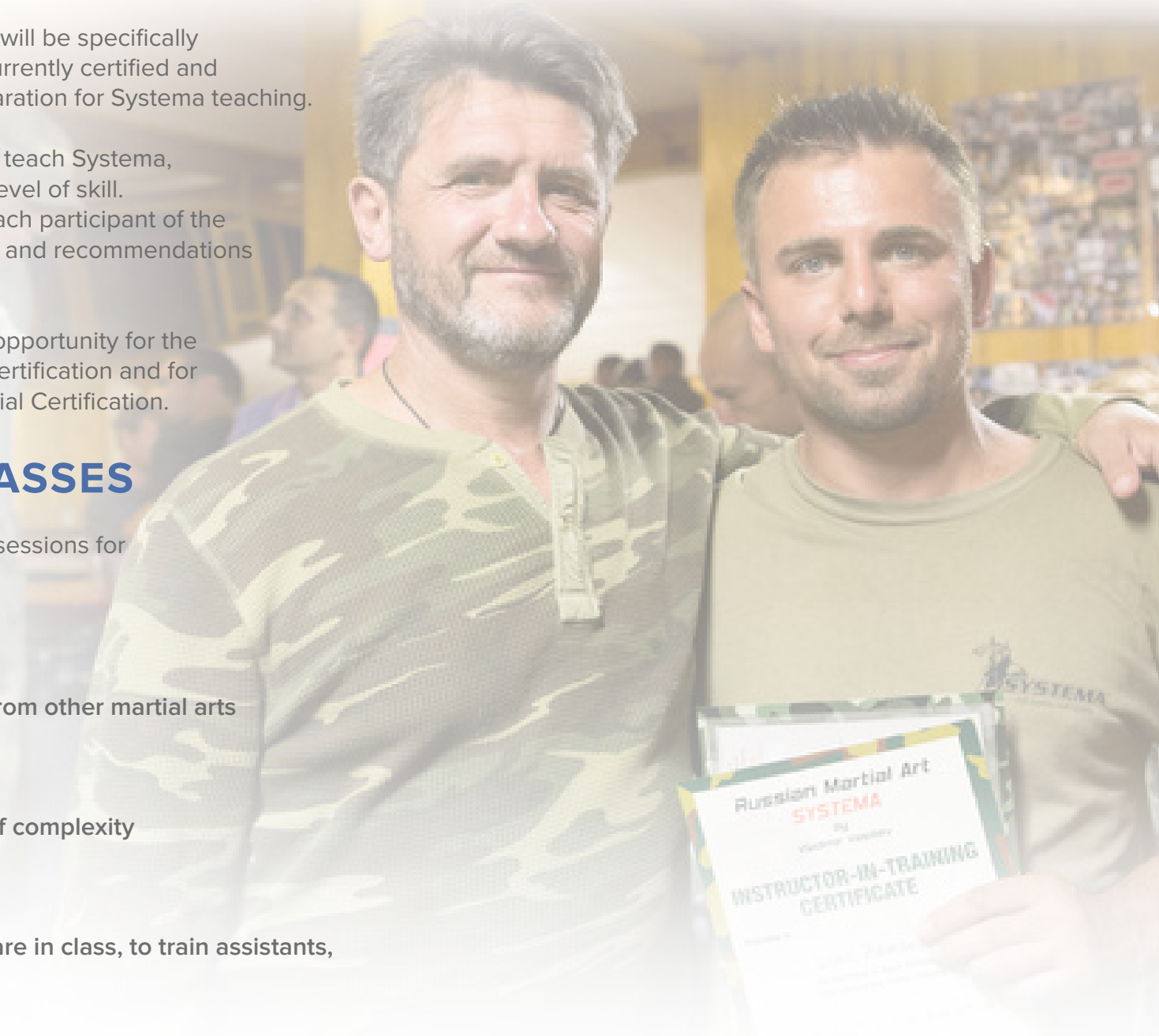
Core Mastery Camp is an ideal setting and the best opportunity for the currently active Systema Instructors to renew their Certification and for the aspiring instructors to be considered for the official Certification.

INSTRUCTOR MASTER CLASSES

Regular physical, tactical and psychological training sessions for currently active and aspiring instructors.

Topics will include:

- Dealing with egos
- 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
- Quick and extended warm ups and exercises
- Optimal ways to demonstrate, explain, and be aware in class, to train assistants, teach at seminars, and run a successful school



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

On Monday August 15th, you have a choice to be picked up from Toronto Pearson International Airport or from Systema HQ Toronto School. Coach buses will pick you up at 9 or 10 am and take you directly to the campsite. Maps and directions will be provided for those who wish to drive themselves. On the departure day, Saturday, August 20th you have a choice to 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 as well as some clothes for clothing as a weapon class are 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 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 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. Check [Visit Toronto](#) page for details.

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 and Strikes: Soul Meets Body books before the course begins.

REGISTRATION

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

Spring Registration by May 31st, 2016 - \$2695.

Credit Card and PayPal payments - \$2795.

Deposit required for registration - \$500.

Summer Registration

after May 31st, 2016 (if any spots remain) \$2795.

Credit Card and PayPal payments - \$2895.

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

**APPLY for
Camp 2016**

For additional information contact Systema Headquarters directly
by phone +1-905-881-4711 or



*examples from previous Camp



EXTRAS

All participants will receive a complimentary Core Mastery 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.



REQUIRED PREPARATION

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

- STRIKES: Soul Meets Body
- Lessons from Camp
- Systema Breathing DVD and book package
- Systema Hand to Hand
- Fighting in the Water

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

RECOMMENDED PREPARATION

The information in the following titles will assist you greatly during your time at Camp:

- The Combative Body
- Escape from Holds
- Fundamentals of Knife Disarming
- Knife, Unconditional Mastery
- Multiple Attackers and Crowd

Take advantage of the discounts offered on the [Training Gear](#) and [DVD Combo packages](#)

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*



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



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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 Core Mastery Camp 2016!

Read
Camp Stories

APPLY for
Camp 2016


View Camp Clip