

SPIRIT AND SKILL



Systema Camp 2024 Vladimir Vasiliev | August 11-16 | Rosseau Lake, Canada

THE HISTORY OF SYSTEMA CAMPS

In the 10th century,

the Russian warriors repelled invaders across all borders and overcame diverse weaponry and styles of attack - in harsh weather, on rough terrains, in lengthy battles, and often outnumbered. That was the time when strong spirit and intense experience gave rise to a new direction in the combative arts. Now known as Systema.

On to the 20th century,

a man of immense talent and the soul of a true warrior learned the ancient knowledge from his family lineage. He was able to fully master Systema, to enrich it with his own combative insight and expand it for our era. His name was Colonel **Mikhail Ryabko**, Systema founder. Mikhail was teaching since the 1980's and until April 2023, to last day of his remarkable life.

The Warrior Legacy continues.

In 1993, Mikhail's top student and colleague, **Vladimir Vasiliev**, brought Systema outside of Russia. Teaching at the Toronto gym, at international seminars and through a huge number of videos, Vladimir gave Systema worldwide recognition. Those who saw the freedom and the power of Systema became loyal students and friends.

Why camp?

When the level of Systema grew so much that training could expand to **full immersion**, a week of non-stop action outdoors was created. The first camp was hosted by Systema HQ Toronto in 2004. Each element is practiced in the field, forest, water, during daytime and nighttime. The stage was set for unprecedented results in combative abilities, awareness, healing and life-changing inspiration for every participant.

Systema is evolving constantly.

After 10 outstanding camps, this summer, Vladimir has prepared a **new take** on the program with new ideas and exciting challenges. The Spirit and Skill of the great warriors brought here across the ages is perfectly planned for you to **Make Your Move**.



DATES

Sunday, August 11th through
Friday, August 16th, 2024.

LOCATION

Lake Rosseau College, 2.5 hours North of Toronto,
Canada with the training grounds of open fields,
forest, lakeside, and dorm style residences.

ALL-INCLUSIVE

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

VIEW

FREE 9 minute video: [Camp Training](#)

CALL

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EMAIL

training@RussianMartialArt.com

HEAD INSTRUCTOR



VLADIMIR VASILIEV

- Director and Head Instructor of Systema HQ Toronto since 1993.
- Over 50 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 - 1PM

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 Spirit and Skill 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.

There will be individual testing, where each participant of the instructor workshops can receive specific feedback and recommendations on their performance. Spirit and Skill Camp is an ideal setting and the best opportunity for the currently active Systema Instructors to renew their Certification and for aspiring instructors to be considered for the official Certification.

INSTRUCTOR MASTER CLASSES

- Relaxing yourself and your students for an effective class
- 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
- 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 11th**. Maps and directions will be provided for those who wish to drive themselves.

Departure: On the departure day, Friday, **August 16th**, you can choose to be either brought to the Toronto airport or to the Systema HQ School for 2 PM. The exact details will be provided to registered participants.

WHAT TO BRING WITH YOU

You will need a sleeping bag or blanket and basic clothing and personal items appropriate for summer camp setting. 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.

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°C or 75-86°F in the daytime and cool down to 10°C or 50°F at night time.

EXTRA DAYS IN TORONTO

Participants who wish to attend the scheduled classes, private sessions, and massages 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 special 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 the instructional films, books and online classes. Visit the [Systema store](#).

REGISTRATION

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

EARLY REGISTRATION SPECIAL

deposit due by March 31, 2024.

\$2790 when paid with a check, money order, or cash.

\$2890 when paid by credit card or PayPal.

\$500 Deposit required.

The demand for this event is high.

Number of spots is very limited. Reserve now.

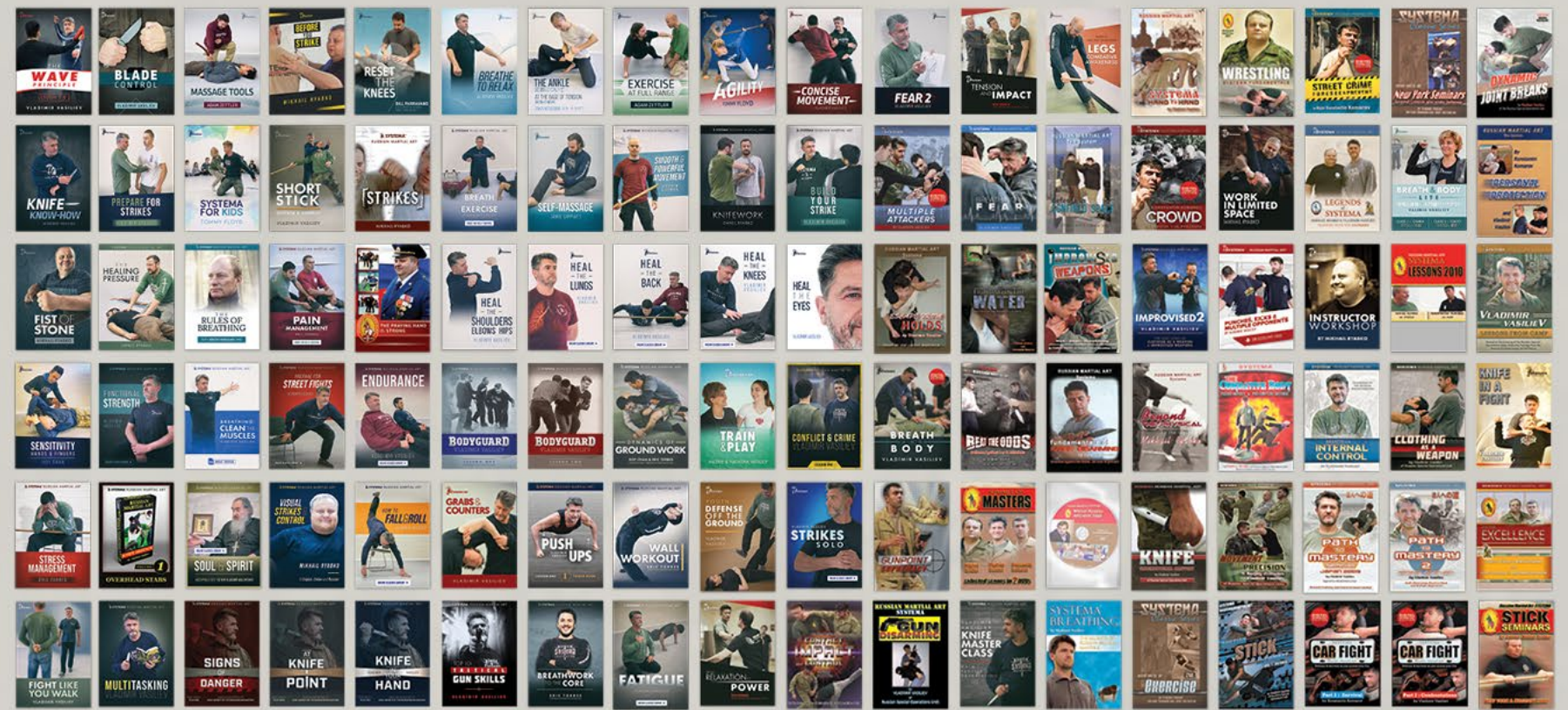


EXTRAS

All participants will receive a complimentary Spirit and Skill Systema Camp T-shirt. Registered participants will be getting more detailed information on the camp setting, programs, preparation, packing lists, maps, and pick-up time options.



*example from previous Camp



CAMP STUDY PACK



HIGHLY RECOMMENDED

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

- EDGE: Secrets of the Russian Blade Masters
- STRIKES: Soul Meets Body
- Lessons from Camp
- Systema Hand to Hand
- Fighting in the Water
- Breath and Body

CAMP STUDY PACK - [AVAILABLE HERE](#)

CAMP GEAR PACK



PREPARE YOURSELF

All the essential clothing and equipment for outdoor training. High-quality Systema items:

- The Official Systema T-Shirt
- Systema Long Sleeve Shirt
- Classic or Sleek Training Knife
- Drawstring Knapsack
- Cap

CAMP GEAR PACK - [AVAILABLE HERE](#)

Watch and learn more from the exclusive content on [Patreon](#)

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 the next camp!!!!*

Jim Bergdoll, ME, USA



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If you have any questions
please do not hesitate
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(International)



MAKE YOUR MOVE. SEE YOU AT SPIRIT AND SKILL CAMP 2024