



STRUCTURE OF FREEDOM CAMP 2018



Does **freedom** have **structure**?

These are seemingly contradictory ideas. Can freedom even be seized and studied?
How great would it be to achieve the infinite freedom of movement that Systema can give!

Camp 2018 opens a new concept; a phenomenal approach to excel in the fighting arts and beyond. As human beings, we already are capable of being free. At the core, we have boundless spirit, dynamic mind, and intuitive body. If the training is right, we find our own best ways to repair the destructive effect of our habits, injuries, illness, stress, and weak lifestyle; and then our natural health and competence can ascend.

With outstanding instructors, action-packed program, fresh air, clear waters, beautiful grounds, and a dedicated group of participants empowered by the same goal; the setting of Systema camp is ideal. The profound Systema training equips you with the tools for mastery and outlines the direction to continue the journey yourself.

On this 25th year of Systema HQ Toronto, we invite you to camp! Undertake the challenge of this exciting experience to strengthen your structure and gain your freedom.

DATES

Sunday, August 5th through
Friday, August 10th, 2018

LOCATION

Lake Rosseau College, cottage style residence, North of Toronto, Canada with training grounds, vast forests and open fields.

ALL-INCLUSIVE

with training, accommodations, meals, and transportation to campsite

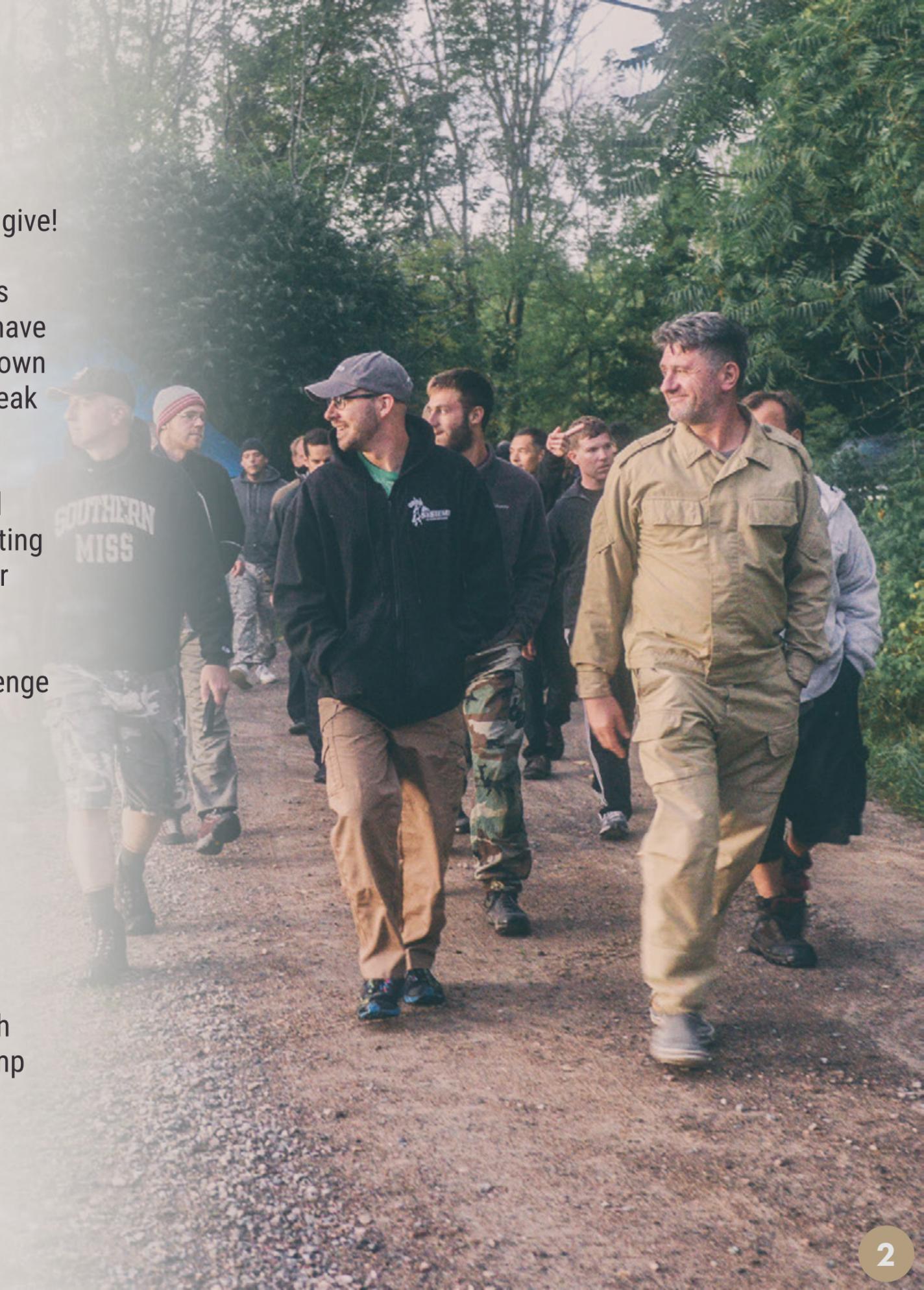
CALL

+1-905-881-4711

EMAIL

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



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

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.

25th ANNIVERSARY CELEBRATION

On the last night of camp, the dinner will include festivities and celebration of the 25th Anniversary of Systema HQ Toronto. Weather permitting, fireworks will be scheduled and much more.

TENTATIVE TOPICS

BREATH TRAINING

Breath as an introduction and development of skill. Unique breathing exercises to expand body potential and awareness, to enhance health, martial art skills, and survival abilities for any critical situation. Breathing to reduce fatigue, tension, fear, aggression and pain.

HEALTH

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

SYSTEMA FUNDAMENTALS

Primary and advanced hand-to-hand combat, holds and escapes, ground fighting, weapons disarming, use of knives and wilderness sticks. Explore two approaches not to miss the first attack.





STRIKES

Experience the functional definition of a strike. Strikes as a foundation of new movement. Study ways of filling yourself and your partners with power, removing and distributing power in confrontations. Practice five levels of defense from strikes. Study how location of a strike is determined by yours and your partners' emotions. Learn a vast 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. Work with the imminent strikes.



PRACTICAL 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 oneself and your partners. Use training in the water, darkness, and climate changes 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. Practice heart rate control. Understand your reaction to sudden threats. Remove and resolve the consequences of a fearful experience.

MOVEMENT

Movement as a foundation of life energy. Study the difference between movement and transposition. 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. Develop movement excellence in diverse settings such as uneven terrains and water.

SURVIVAL

Train in the challenging environments such as in darkness, rain or heat, wet grounds, rough terrain, in the forest, field, and water, to strengthen psychology and reserves of psyche. Practice going in and out of the water with no splash, walking and running through the forest without making noise, moving through the grass unnoticed.

(PARTICIPATION IS OPTIONAL)

CONDITIONING

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

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





CLOTHING AS A WEAPON

Learn the use of clothing for take-downs, restraining, disarming weapons, defense from slashing and stabbing knife attacks, pre-emptive and short work in the field, forest and water.

PERSONAL PROTECTION

Experience awareness and pre-emptive work for crimes such as theft and violence, see-and-control 4 stages of danger escalation, learn to maintain both alertness and speed while moving, expand attention while under stress, learn subtle escapes from collisions and from the lines of attack, and apply short and stealth strikes in conflict dissipation.

MULTIPLE ATTACKERS AND CROWD

Advance the skill of carrying through your task regardless of self and crowd. Use a crowd as a tool to see your own profound emotions, to eliminate hesitations and slowdowns. Study simultaneous attention on several persons and situations. Evaluate your opponent's capabilities. Estimate vulnerable zones in yourself and opponents. 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.



INSTRUCTOR EVALUATION & RENEWAL

During the course of Structure of Freedom 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 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 their performance. Structure of Freedom 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:

- 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
- Structure of freedom in classes and seminars
- How to study 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 exclusively 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

You can choose to be picked up from Toronto Pearson International Airport or from the Systema HQ Toronto School and taken directly to the campsite at 9 or 10 AM on Sunday, August 5th. Maps and directions will be provided for those who wish to drive themselves. On the departure day, Friday, August 10th, 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). You may bring the training knives with you, or purchase at camp. A jacket and a couple of shirts you do not mind getting ripped, stretched, soiled and/or damaged for Clothing as a Weapon sessions.

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

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 time for rest and recreation, such as leisurely swimming/dousing and beach time. Life-jackets and boating equipment will be available.

WEATHER

The wilderness weather in August tends to be warm 24-34 degrees C or 75-95 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 training 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 big 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, 2018.
\$2790.

Save \$100 on payments with a check, money order, or cash
Deposit required
\$500.

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

**APPLY FOR
CAMP 2018**

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



REVIEWS

"I cannot properly express how amazing and meaningful of an experience Camp was. It has been 3 weeks since Camp ended and every day I process a little more of the profound knowledge that was shared with us. I actually left Camp in less pain than when I arrived; the healing nature of Systema is truly incredible. A huge Thank You to Vladimir Vasiliev, and all the instructors who ran workshops. And a Big Thanks to the other participants I had the pleasure of working with throughout the week- I learned something new and valuable from everyone I worked with. I hope to train with you all again! "

Stephen Dietrich, Ontario - Canada

"I just wanted to thank you both again for such an amazing event. Everyone from St. Louis had an amazing time and learned a lot. It seems the camaraderie, growth, hard work, and different perspectives of the group applied in unique landscapes and weather conditions set this event apart. I am seriously looking forward to the next camp."

Bryan Kemp, Missouri - USA

"This event was very special for me. I would like to thank all the participants of #coremasterycamp for your positive energy. Your positive attitude was very contagious that allowed us to help each other maximizing thrive. I will never forget the atmosphere of the last morning class where everyone was already missing camp. Thanks to Vasilievs for organizing this exceptional event. I'm very grateful to be a part of it!"

Yoshiki Kuraoka, Japan

"Thank you all for being a part of this life changing experience! The training, instruction, camp setting, people, and stories have allowed me to know who I truly am as a person. I look forward to seeing everyone again very soon!"

Andrew Carper, Ohio - USA



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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 STRUCTURE OF FREEDOM CAMP 2018!