

# **RUSSIAN MARTIAL ART "SYSTEMA" SEMINAR**

*WITH KEVIN SECOURS*

*SATURDAY AND SUNDAY NOVEMBER 18-19, 2006 FROM 11:00AM - 5:00PM*



Kevin Secours, B.Ed. is a senior Systema instructor under Vladimir Vasiliev who has been featured in the DVD's Wrestling: Systema Fundamentals and Primal Power. A 24-year veteran of the martial arts, he has authored numerous articles internationally on the Russian Martial Arts as well as 2 books on martial training. In addition, he is the holder of a 3rd degree black belt in Modern Kempo Jujitsu, a 1st Degree black belt in Akai Ryu Jujitsu, full instructorship in Five Animal Shaolin Chuanshu, and international instructorship in extendable baton use and handcuffing and restraint tactics.

This comprehensive seminar will provide a unique perspective on Russian Systema's approach to grappling and ground fighting. Beginning with a thorough treatment of breathwork and biomechanics, this 2-day program will provide you with a step-by-step approach to the most essential principles and strategies of this incredible art. You'll learn completely new offensive and defensive work with locks, holds, pins and throws, against grounded and standing opponents

- Early registration fee: **\$150.00** – 2 days  
**\$85.00** – 1 day
- At the door: **\$175.00** – 2 days  
**\$99.00** - 1 day
- Spectator fee: **\$60.00** – 2 days / **\$30.00** – 1 day



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