

# Russian Martial Art Systema seminar

*with Emmanuel Manolakakis*  
*December 3-4, 2005 from 11:00 AM to 3:00PM*



Born and raised in Toronto, Canada, Emmanuel has over 22 years of experience in a variety of martial arts. Complimenting his martial arts studies is his many years of training in the sports of wrestling, boxing and rugby. He also holds a Bachelor of Arts degree in Sociology from York University in Toronto.

In 2003 Emmanuel turned a new chapter in this study of the Russian Martial Arts and opened the FightClub, a martial arts school teaching the principles of 'Systema' located in downtown Toronto.

Day 1: Ground work and Knife applications

Day 2: Hand to hand, Multiple attackers and Strikes

- Early Registration fee: \$120.00 –2 days / \$65.00 –1 day
- At the door: \$150.00 –2 days / \$80.00 –1 day
- Spectator fee: \$40.00- 2 days / \$20.00 –1 day

We accept major credit cards. Money orders and checks make payable to Fighthouse. No personal checks after November 28, 2005 will be accepted.



122 West 27th street 2nd floor  
New York, NY 10001 bet. 6th & 7th Ave.  
<http://www.fighthouse.com> Tel. (212) 807-9202