

# Training Details

## Class Times

Wednesdays 6.00 - 8.00pm

## Training Attire

Comfortable clothing suitable for practical training.  
Strictly non-marking shoes (bare feet OK).

## Training Fees

Membership \$100 per annum (pro rata)  
Tuition \$60 per month

## Location

116 Northgate Drive, Thomastown (MelRef: 9, C10)



# Instructor Profile

**Rich Kay** has studied martial arts and combative systems since 1984. Martial arts include karate, aikido, ba gua, hsing-i, tai chi, bojutsu, iaijutsu, Filipino knife combat, and combative systems include Krav Maga (Israeli Military), SAFTA (US SpecOps) and Cloquba Hajutsu (US Police Combatives). Rich began training in Systema in 2007 and has trained with many top Systema instructors, including Alex Kostic (Serbia), Martin Wheeler (US), Maksym Franz (Canada), Sonny Puzikas (US), Daniil Ryabko (Russia), Brendan Zettler (Canada) and Kevin Secours (Canada). In 2010 he attended the Summit of Masters training camp in Canada to study with top masters Mikhail Ryabko, Vladimir Vasiliev and Konstanin Komarov. It was at this event that he certified as a Systema Instructor, and was granted permission to establish a Systema training group.

Rich is a tactical instructor-trainer, and has instructor certifications through ASP, PPCT and SIG SAUER. In 2001 he attained the prestigious ASP Trainer Certification for law enforcement use of force training, and was elected to the ASP Board of Examiners in 2011. He is a certified Force-on-Force Simulation Instructor, Simunition Safety Supervisor and chief instructor of Nihon Goshu Karatejutsu. He holds a 6th dan black belt in Karate and a 3rd degree black belt in Cloquba Hajutsu. In 2007 he received a Bubushi masters text and Shidojin teaching license in Japan and registration with the Japan Goju-Ryu Federation.



Rich with Mikhail & Vladimir, Canada 2010

# Система

## Russian Martial Art



116 Northgate Drive, Thomastown VIC 3074



0414 569 570



rich@moderncombatives.com.au



www.moderncombatives.com.au

## History

The Russian style of martial art dates back to the 10th century. Throughout history, Russia had to repel invaders from every direction. Attackers brought their distinct styles of combat and weaponry. The battles took place on different terrain, during varied climatic conditions, and often with overwhelming odds.

As a result, Russian warriors acquired a style that combined strong spirit with extremely innovative and versatile tactics that were practical and effective against any type of enemy, under any circumstances. The style was natural and free with no rules, rigid structure or limitations (except morals). All tactics were based on instinctive reactions and individual strengths, specifically designed for fast learning.

When the Communists came to power in 1917, they suppressed all cultural traditions. Those practicing the old style of fighting could be severely punished. At the same time, the authorities quickly realized how viable and devastating these original combat systems were, and reserved it just for a few special military units.

## Founders



**Mikhail Ryabko:** trained from age 5 by one of Stalin's personal bodyguards, Mikhail was inducted to Spetsnaz at age 15. Holding the rank of Colonel, he was a commander of hostage rescue teams, counterterrorist operations, & armed criminal neutralisation. He has been in numerous military campaigns and has many medals and awards. He lives in Moscow and continues to teach as the Systema master teacher.



**Vladimir Vasiliev:** born in Russia, Vladimir received intensive training from top military instructors, and is the top student of Mikhail Ryabko. Vladimir's work spans 10 years service with the Special Operations Unit. In 1993 Vladimir founded the first school of Russian Martial Art outside Russia, Systema HQ in Canada. He has trained and certified over 300 qualified Systema instructors and schools worldwide, and created an extensive instructional film collection.

## Philosophy

Russian Martial Art is called Systema ('the system') because it is a complete set of concepts and components that enhance one's life. Acquiring martial skill is a way to improve the function of all 7 physiological systems of the body and 3 levels of human abilities - physical, psychological and spiritual.

The key principle of Systema is non-destruction. The goal is to ensure your training and attitudes do not damage the body or psyche (yours or others). Systema builds and strengthens both equally.

Systema has another name - 'poznai sebja' ('know yourself'). Training in Systema is one of the ways to see the full extent of our limitations, not just strengths and weaknesses. Systema allows us to gain the strength of spirit that comes from humility and clarity in seeing the purpose of our life.

In Systema the belief is that everything that happens to us, good or bad, has only one ultimate purpose - to create the best possible conditions for personal insight and understanding.

Proper training carries the same objective - to put every participant into the best possible setting to realise as much about themselves as they are able to handle at any given moment.

The ultimate quality that Systema develops is humility. Training lets people see their own weaknesses and gives them tools to overcome them. A humble person devotes their life to overcoming the negative aspects of personality. The reward for hard work and humility is peace, joy and absence of resentment, no matter what happens.

If humility becomes our character, there is no more room for pride, aggression, vanity, greed and envy. The spirit will always be noble; you will fight only when it is absolutely necessary, only for a good cause, and always causing the least possible damage to the opponents, in a calm, firm, fearless and professional way.

***'No rules. No belts. No nonsense. The system - a fighting art without all the needless baggage'.*** Black Belt Magazine

## Training

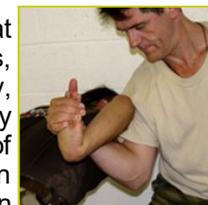
### Foundation Exercises

Systema is built on 4 key principles: breathing, relaxation, natural posture and movement. Specialised exercises achieve complete physical warm-up and energy balance, to provide strength, flexibility, endurance, a high level of awareness and confidence. Combined with breath training, they provide a foundation for every physical activity of your life.



### Unarmed Combat

Learn principles of unarmed combat including a multitude of drills and ideas, ways to develop endurance, sensitivity, striking power, unique use of the body for defence and attack, and control of empty-hand attacks with emphasis on breathing, continuity, efficient motion and unpredictability.



### Ground Fighting

Unique strategies to overcome attacks from all angles and positions, defeat multiple attackers and disarm weapons - all from the ground. Learn tactics to develop breathing, avoid injuries, maximise your body and strengthen your psyche. From basic movement progress to dynamic free-flow drills, unlock your potential and free yourself from fear and tension.



### Weapons

Defend against a knife, stick or gun. Control 1 or more armed attackers. Master tactics while unarmed or armed yourself. Explore methods of turning common everyday items into highly effective tools of protection. Learn to conquer not just dangerous weapons, but your own, vulnerability and fear.

