



Modern Combatives Systema

Foundation Principles

1. **Breathing** - promotes relaxation
2. **Relaxation** - facilitates natural body position
3. **Natural Body Position** - allows proper movement
4. **Movement** - creates opportunities

Breathing Principles

- **Nose Inhale, Mouth Exhale** - relaxed, fuller breaths
- **Leading** - breath before movement
- **Sufficiency** - intake only as much air necessary for task
- **Continuity** – breath never stopped, interrupted or suppressed
- **Pendulum** - smooth, relaxed, continuous cycle
- **Independence** - actions not invariably linked to breath phase
- **Non-Tension** - body always relaxed

Breathing Obstructions

- **Physical** - tension, pain, fatigue, bad posture, injury, disease
- **Psychological** - stress, fear, anxiety

Training Principles

- **Audible breathing** - monitor breath & blockages
- **Relax** - train your body & psyche together
- **Enjoy yourself** - don't be too fanatical

Strategies

- **Know yourself** – train to understand your own physical, psychological and emotional limitations and possibilities
- **Relax** – physically, mentally and emotionally, physiological integrity, induction (transfer relaxation to opponent), time dilation
- **Neutral** - no fear or anxiety, intent or 'signature', expectation of outcomes, psychological or emotional 'attachment'
- **Awareness** – internal (body, form, tension, inner state) & external (environment, terrain, people, items)
- **Movement** - large (whole body), medium (muscles, breath, body parts), small (breath, muscle tension, intent)
- **Professional** - no ego (opponent becomes self-defeating), control dosage (minimum damage)

“The synergy of 3 components creates a true warrior – combat skill, strong spirit and healthy body. Be a good person and everything else will come to you.”

Mikhail Ryabko, Master Teacher of Systema