



Modern Combatives Systema

Core Training Components

1. Breathwork – health, combat
2. Bodywork – limbering, strengthening, rejuvenating, partner drills for moving body
3. Movement – standing, ground, transition between different planes
4. Strikes – delivering & receiving punches & kicks
5. Takedowns – breaking structure via arms, legs, body
6. Grab Releases - 1 or more persons, standing, ground, against a surface
7. Mass Attack – unarmed, armed, mixed
8. Ground Defence – 1 or more persons, standing, ground
9. Weapon Use & Defence - edged (knife), impact (stick), ballistic (gun)
10. Improvised Weapons – everyday items, clothing
11. Defence in Confined Spaces – rooms, vehicle, etc

Advanced Training Components

a) Working with Relaxation

- Breath
- Relaxed body exercises
- Conscious tension-relaxation
- Permeability to tension, deflection of tension
- Fluid, intuitive movement
- Neutral mind (no emotions)
- Confidence (training, training...)
- Peripheral vision
- Ability to take strikes
- Adrenal response control (visualisation / cue)
- Theory discussions (psychology & physiology of combat, history, etc)
- Maturity (spiritual, relativity, neuro-intellectual calmness, inner peace...)

b) Benefits of Relaxation

- Speed, endurance, mental agility
- Fine motor skills (low stress)
- Perception (radar), deception (external perception), protection
- Working in the zone

c) Working Subconsciously

- Working subconsciously (SC) uses minimal if any conscious thought interference (disruptive)
- Maintain a calm mind to maximize performance potential
- Being relaxed and subconscious is not the same
- Need relaxation for a predominantly SC state but relaxation alone is not enough nor equivalent
- Use a still mind and eliminate emotional interference when working subconsciously
- The SC state equals energetic control and spontaneous action, allows you to work in the zone
- Visualisation works at the edge of reality, when you have done everything else right

RUSSIAN MARTIAL ART