



SYSTEMA DEMOCRACY

FREEDOM TO SURVIVE UNFAVORABLE ODDS OF MULTIPLE OPPONENTS
 Russian Martial Art Seminar, San Francisco, California
 August 29 - 30, 2009

Instructor: Vladimir Vasiliev

Director and Chief Instructor of Systema Headquarters, Toronto, Canada

Venue *Alma Heights Christian Academy*
 1295 Seville Drive, Pacifica, CA 94044 (16 miles from the San Francisco International Airport)

Schedule	Day	Time	Activity	Venue
August 28	Friday night	6:00 pm – 8:00 pm	Pre seminar practice	Seminar venue
August 29	Saturday	1:00 pm – 5:30 pm	First day	Seminar venue
August 29	Saturday night	7:00 pm – 10:00 pm	Saturday dinner	TBA
August 30	Sunday	1:00 pm – 5:30 pm	Second day	Seminar venue

Lodging	Name	Address	Phone	To the venue
	▪ Pacifica Beach Resort	525 Crespi Drive, Pacifica	650.355.9999	1.2 miles
	▪ Best Western	105 Rockaway Beach Ave, Pacifica	650.355.6300	2.0 miles
	▪ Pacifica Motor Inn	200 Rockaway Beach Ave, Pacifica	650.359.7700	2.0 miles
	▪ Sea Breeze Motel	100 Rockaway Beach Ave, Pacifica	650.359.3903	2.0 miles
	▪ Holiday Inn Express	519 Nick Gust Way, Pacifica	877.410.6681	2.0 miles
	▪ Howard Johnson	2160 Francisco Blvd, Pacifica	650.359.9494	3.9 miles

Note: Vacancies in proximity to the venue are popular for a ocean front 'get away' weekend, offer reasonable rates & therefore fill up fast. **IT IS STRONGLY RECOMMENDED TO BOOK LODGING EARLY.**

- Topics**
- Various aspects of multiple opponents work for personal protection & professional applications
 - Fundamental principles of a hand-to-hand combat & their application for unfavorable circumstances
 - Reliable dynamic control of multiple attackers with emphasis on continuity, economy & unpredictability
 - Use and defense against various traditional & improvised weapons
 - Fundamental & advanced tactics for empty-handed or armed confrontation
 - Training day theme tailored warm up, conditioning, breathing, awareness & close contact work drills

Note: Seminar will include but may not be limited to the listed topics

Cost	Registration Type	Deadline	Duration	Price
	Pre registration	Received before July 25, 2009	1 day / 2 days	\$ 160.00 / \$ 260.00
	Walk in registration	Received after July 25, 2009	1 day / 2 days	\$ 210.00 / \$ 320.00

Registration fee includes seminar participation, lunch snack, drinking water & training linerlock knife.

Active (Per latest HQ listing including IIT) Instructors discount: 25 % off the associated cost category

- Saturday dinner (Buffet set up. Open bar available but not included) \$ 30.00
- RMA Systema T-shirt Heavy Duty, 100% Cotton, Preshrunk, Norcal Logo imprint (front), RMA Systema imprint (back). Colors: Tan, Black. Sizes: S – 4XL \$ 25.00

Registration **Pre registration payments via PayPal only.** Accepted up until August 15, 2009 (Pending open registration).
 Please forward registration info, PayPal payment & questions to: russianmartialart@norcalsystema.com
Required information:

- Personal: Name, Age, Mailing Addresses, Contact Phone(s)
- Emergency Contact: Name & Phone(s)
- Intended attendance day(s)
- Selected additional items included to the registration payment: Dinner, T-shirt (size, color)

Pre registered participants registration forms will be printed for check in. Sample is available for download.
 Seminar registration form must be signed at the check in table after participant's identity verification.
 Registration is equally mandatory for all seminar attendees – spectators & participants.
 Registration fee is refundable up until August 15, 2009, except \$25 processing cost + PayPal transaction fee.
Due to a limited venue capacity registration will be closed once vacancies are filled.