

KC СИСТЕМА SYSTEMA

Russian Martial Art



Classes now forming in Kansas City.

Systema is-- *an ancient Russian martial art dating back a thousand years. It is a conglomerate of several arts which were developed into one during the Soviet era and until recently was taught exclusively to the Spetsnaz (Russia's elite special forces). The classes are small and are structured around various drills which enable each student to discover his or her own natural abilities and limitations.*

The basic premise-- overly simplified-- is that **mastery of breath, calm, form and natural movement is the key to survival in any situation**. Drills are conducted to inoculate against tension and fear and ensure quick reactions in efficient and natural means. The results are amazing.

This system prioritizes the breath, with all things emanating from it alone. This is an art focusing primarily on flow, and assimilation and redirection of the force of another/others, with the most minimal (yet most highly effective) exertion on your part. **Highly spiritual, egoless and fun**. In this system there are **no memorized forms**: all becomes this dance of **improving one's intuition and skills through many interesting and diverse exercises**. One definition of the Russian translation of this system equates to-- **"Know Thy Self"**. It is a great tool for assisting in this, and is complementary to any other discipline and/or spiritual practice or religious tradition.

About the Class: *Work in this system is done on hard floors, without padding and we, thus, learn to overcome fear of being hit, hitting the ground, etc., all by way of maintaining the breath, etc.* Dress is loose fitting casual or athletic clothes. Classes are Tuesdays and Fridays at 7 pm, and Saturdays at 10 am, at 1827 McGee in downtown Kansas City, MO (approx. 1-2 blocks south of Sprint Center). There are no color belts, and thus no ego or hierarchy.

About the instructors: Mr. Alan Walker is a police officer in the greater Kansas City area and has trained in multiple martial arts prior to training in Systema. He is certified as an instructor by grand masters Vladimir Vasiliev and Mikhail Ryabko to teach the Russian martial art of Systema. Sharing in instructing duties is Will Steffen. Will is a former United States Marine, Operation Iraqi Freedom Veteran and a life-long student of physical and warrior culture. Will has been studying Systema intensively for three years and is a certified instructor-in-training under Vladimir Vasiliev.

For more information: visit www.KansasCitySystema.com, or email rmasgt@sbcglobal.net.

We also recommend the book "Let Every Breath... Secrets of the Russian Breath Masters" by Vladimir Vasiliev.

The heart of Systema is its operating system. Techniques do not define the art, in fact, techniques per se are not taught. To make the most of Systema the mind/body must be free to do whatever is necessary, and not be limited by trained techniques. Techniques create a box, limiting the individuals ability to problem solve. By operating system I mean the manner in which human physiology and psychology access physical reality according to both a classical Newtonian and quantum physics understanding of universe reality. It is this operating system that opens the door to a whole new world. Principle-based Systema conforms to the individual instead of requiring the individual to conform to it. Everyone's expression of Systema is different. It is like you are taught how to paint and then you express yourself.

The Systema operating system is a faith-based operating system. The process of giving up your ego-based personal power and having faith that things are the way that they should be forms the core of this art. Fear produces unnatural movement. It is only through faith--knowing that things are the way they are supposed to be--that we can be free of fear and move naturally. Faith is based on the fact that everything that we need to exist has been given to us. Most of those things that are essential to our existence we do not even think about. We tend to breath unconsciously even though oxygen transfer is the most important thing that takes place in our body. It is the seminal energy transfer from which all else becomes possible. "You breath in when you are born and out when you die, in between is your life." Gravity keeps the atmosphere which contains our oxygen and ourselves on the planet that supports our life. Electro-magnetism allows shape and form. All of these, and many other unseen forces work to our benefit, yet they are all gifts as we have nothing to do in determining them. We live by grace, whose meaning you may ponder for yourself.
(excerpted from the RSMA website)

For more on Kansas City Systema please visit www.KansasCitySystema.com or email rmasgt@sbcglobal.net
To visit Vladimir Vasiliev's Worldwide Systema Headquarters site please visit www.RussianMartialArt.com