



**SYSTEMA**<sup>OST</sup>  
WWW.SYSTEMA-OST.DE  
RUSSIAN MARTIAL ART

# OutDoorCamp

On 28/29 Aug. 2021 in Potsdam

From the basics to free work  
/ Use and handling: elbows and knees

**Instructor:** Andreas Weitzel SYSTEMA, Germany

**Organizer/Host:**  
Systema Ost e.V. | Systema-im-Kessel

**Date / Time:** 28 Aug. 2021, 12:00 - 18:30 (incl. 90 min break)  
29 Aug. 2021, 10:00 - 16:30 (incl. 90 min break)

**Location:** Waldhaus Großer Ravensberg,  
14478 Potsdam

**Topics:**

- Elbows and knees
- Work with the psyche
- Situational and distance awareness
- Basics of Systema
- Dealing with different attacks
- punches, kicks, holds, takedowns, ...
- free work

**Also:** - Archery, knife throwing, animal watching, campfire,  
barbecue, ...

**Seminar costs:**

Regular price **100,- €** (1 Day: 50,- €)

- Early booking discount: **-10€ (Payment until 09.08.21)** (1 Day: -5€)
- Groups of 4 or more or members of Systema-Ost e.V./  
Systema-im-Kessel: **-20€** (1 Day: -10€)

**If desired:**

- Catering offer: 20,-€ all-inclusive (book until 16.08.2021)
- Accommodation: 6,-Euro per person

No refund in case of cancellation, a substitute person will be accepted.

**Systema Ost e.V.**  
Tulpenweg 5  
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0152 2364 2714

[www.systema-ost.de](http://www.systema-ost.de)

1. Chairman  
Frank Lissner

2. Chairman  
Felix Beger

Treasurer  
Falko Schlichting



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**Prerequisites:** None. All interested parties are welcome!  
Open in style and association

**Liability:** Organizer, host and instructor assume no liability whatsoever.

## Accommodation options:

Directly on site for 6,-Euro per person in bungalows or in your own tent.  
Mattresses are available. Please bring sleeping bag.

## Catering offer (20,-€ all-inclusive):

book bindingly by 16.08.2021 by phone or e-mail

Sa.	Noon	Fresh soup with sausage and bread
	Evening	2 slices of meat + 1 x sausage + potato salad + drinks (e.g. beer)
Su.	Breakfast	sandwiches + cup of coffee / tea / milk
	Noon	Fresh soup with sausage and bread

Drinks (water / tea / coffee / milk) are available at all times outside of class.  
Of course, you can also bring your own catering.

## If desired please pay the:

**20,- Euro per person for the camp,**  
**6,- Euro bungalow rent per person**

together with the seminar fee to the club account below.

**Book catering until 16.08.2021** by phone or e-mail.

## Registration:

The registration takes place with the payment of the seminar fee in cash or by bank transfer to the account of Systema Ost e.V. (see bottom margin).

**Reason for payment: ODC21, first name, last name, (+accommodation), (+meal)**

A confirmation of registration and receipt of money can be sent by e-mail on request.

With the registration the conditions of participation are accepted  
(see end of the announcement).

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## Route:

### By train:

RE7 or OE33 to station „Potsdam Rehbrücke“, from there along „Caputher Heuweg“ to the edge of the forest. From there the „Waldhaus Großer Ravensberg“ is signposted. It is about a 30-minute walk.

### alternatively

Take the Regional Express (RE) or the S-Bahn (S7) to „S-Bahnhof Potsdam Hauptbahnhof“. From there, continue with tram 91 or 93 to the final stop „Bahnhof Rehbrücke“, from there see above.

### By bus:

By bus to the final stop „Bahnhof Rehbrücke“ or bus 693 to the stop „Bahnhof Rehbrücke“, from there along the „Caputher Heuweg“ to the edge of the forest. From there the „Waldhaus Großer Ravensberg“ is signposted. It is about a 30-minute walk.

### By Car:

Coming from „Heinrich-Mann-Allee“ in Potsdam / Waldstadt, turn into the street „Zum Teufelssee“ and immediately turn left again into „Saarmunder Straße“. Follow the road for approx. 400m, even as „Caputher Heuweg“, until you reach the edge of the forest. Park your vehicle at the edge of the forest at the corner of „Caputher Heuweg“ and „Am Springbruch“. From there the „Waldhaus Großer Ravensberg“ is signposted. It is about a 20-minute walk.

**In the navi:** „14478 Potsdam, Am Springbruch 1“ from then on walking.

It is not possible / not allowed to drive the vehicle to the venue.

## Equipment:

Sportswear (e.g. T-shirt and sports shorts), please remember: it's an outdoor camp, so don't wear the most expensive clothes.

Changing and shower facilities are available.

If possible: blunt exercise knives, short sticks.

## Questions, worries, needs, wishes please to:

**Felix Beger** 0152 2364 2714 info@systema-ost.de

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## Conditions of participation:

The rules in force with regard to the pandemic must be implemented.

Organizer and host do not accept any liability for property or injuries. Each participant must ensure sufficient insurance cover himself/herself. There is no insurance of any kind through the organizer/host for the participants.

Each participant confirms with his/her signature that he/she is in sufficiently good physical and mental condition to participate in the seminar. The training partners will inform each other of any injuries or limitations in good time in order to avoid damage.

Intensive and concentrated training is always a key to success, but doggedness, egoism and uncompanionable behaviour are undesirable, as this destroys the good training atmosphere. A relaxed and cheerful atmosphere during training is very important to us. To keep it that way, we reserve the right not to let everyone take part in our events or to exclude troublemakers.

Photography during the seminar is permitted. Video recordings require the consent of the organiser.

Participants agree to be photographed and filmed during the seminar. They agree to the publication of the photos and films.

Registration takes place with the payment of the seminar fee in cash or by bank transfer to the account of Systema Ost e.V. Withdrawal from the registration is not possible, substitutes can be named. Confirmations of registration and receipt of payment will only be sent by e-mail if expressly requested. The participant is responsible for forwarding the e-mail address to the organiser.

Minimum age 16 years.  
Previous knowledge is not required.

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