



SYSTEMA
WWW.SYSTEMA-OST.DE
RUSSIAN MARTIAL ART

OutDoorCamp

On 27/28 Aug. 2022 in Potsdam

Self-defense and emergency assistance

Instructors: Ingolf Weiß Systema Jena
Felix Beger Systema Ost e.V. & Systema-im-Kessel

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

Date / Time: 27 Aug. 2022, 12:00 - 18:30 (incl. 90 min break)
28 Aug. 2022, 10:00 - 16:30 (incl. 90 min break)

Location: Waldhaus Großer Ravensberg,
14478 Potsdam

Topics:

- Basics of self-defense (Systema)
- Basics of emergency assistance (Systema)
- Work with the psyche
- Situational and distance awareness
- Dealing with different attacks
- both single and multiple attackers
- unarmed and armed opponents

Also:

- Archery, knife throwing, animal watching, campfire, barbecue, Massages...

Seminar costs:

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

- Early booking discount: **-10€ (Payment until 05.08.22)** (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: 30,-€ all-inclusive (bank transfer until 12.08.2022)
- Accommodation: 8,-Euro per person

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

Systema Ost e.V.
Jägerallee 39
14469 Potsdam
Germany
info@systema-ost.de
0152 2364 2714

www.systema-ost.de

1st Chairman
Frank Lissner
2nd 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 **8,-Euro per person** in bungalows or in your own tent.
Mattresses are available. Please bring sleeping bag.

Catering offer (30,-€ all-inclusive):

book bindingly by bank transfer until **12.08.2022**

Sa.	Noon	Fresh soup with sausage and bread (also vegetarian)
	Evening	Fresh from the grill or pan (depending on the forest fire level) (also vegetarian) + drinks (e.g. beer)
Su.	Breakfast	sandwiches + cup of coffee / tea / milk
	Noon	Fresh soup with sausage and bread (also vegetarian)

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:

30,- Euro per person for the camp,
8,- Euro bungalow rent per person

together with the seminar fee to the club account below.

Book catering bindingly by bank transfer until 12.08.2022.

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: **ODC22, 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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Directions:

By train:

RE7 or OE33 to train station "Potsdam 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.

Alternative

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

By bus:

By bus to the bus stop "Bhf. Rehbrücke", from there along the "Caputher Heuweg" to the edge of the forest. From there the "Waldhaus Großer Ravensberg" is signposted. It is about 30 minutes walk.

By car:

Coming from the "Heinrich-Mann-Allee" in Potsdam / Waldstadt turn into the street "Zum Teufelssee" and immediately turn left again into the "Saarmunder Straße". Follow the road for about 400m, also called "Caputher Heuweg", until you reach the edge of the forest. There park the vehicle at the edge of the forest "Caputher Heuweg" corner "Am Springbruch". From there, the "Waldhaus Großer Ravensberg" is signposted, as well as the path marked with warning tape. It is about 20 minutes walk.

In the navi: „14478 Potsdam, Am Springbruch 1“, from there by walking.

It is not possible/not allowed to drive the vehicle to the event location.

Equipment:

Sportswear (e.g. T-shirt and sports pants), please remember: It's an OutDoorCamp, so don't wear the most expensive stuff.

Changing room and shower facilities are available.

If possible: blunt practice knives, short sticks.

For questions, concerns, needs, wishes please contact:

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Conditions of participation:

Current rules related to the pandemic must be implemented.

Organizer and host assume no liability for property or injuries. Each participant must provide for sufficient insurance coverage himself. There is no insurance of any kind through the organizer or the host for the participants.

Each participant confirms with his signature that he is in a sufficiently good physical and mental condition to participate in the seminar. Possibly existing injuries and restrictions the training partners inform each other in time to avoid damage.

Intensive and concentrated training is always a key to success, but doggedness, egoism and uncompanionable behavior are undesirable, because 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 participate in our events or to exclude troublemakers.

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

The participants agree to be photographed and filmed during the seminar. They agree with the publication of the photos and films.

The registration takes place with the payment of the seminar fee by bank transfer to the account of Systema Ost e.V. A 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 upon explicit request. The participant is responsible for forwarding the e-mail address to the organizer.

Minimum age 16 years.
Previous experience is not required.

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