

SYSTEMA



SYSTEMA
WWW.SYSTEMA-OST.DE
RUSSIAN MARTIAL ART

On 14/15 May 2022 in Potsdam

Kicks and punches in dynamic use

Instructor: Dirk Wiegner Systema Ost e.V.
Felix Beger Systema Ost e.V. & Systema-im-Kessel

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

Date / Time: May 14, 2022, 12:00 - 17:30 (incl. 30 min break)
May 15, 2022, 10:00 - 15:30 (incl. 30 min break)

Location: Gym Oberschule Theodor Fontane
Zum Teufelssee 4
14478 Potsdam

Topics:

- Types and effects of kicks and punches
- Influence of distance, angle, direction and timing
- Kicks and punches as support or preparation for further actions
- Use against various attacks
- both single and multiple attackers
- unarmed and armed opponents

Seminar costs (per person):	2 Days	1 Day
Normal price	60,-€	35,-€
Systema-Ost Systema-im-Kessel	40,-€	20,-€
Groups of 4 or more people	55,-€	30,-€

**For binding registration before 24.04.2022
10,- Euro discount will be granted.**

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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Requirements: None. All interested parties are welcome!
Open to style and association

Liability: Organizer, host and instructor do not assume any liability.

Accommodation:

If you are interested please contact us.

Registration:

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

Intended purpose: Systema22, first name, last name

Confirmation of registration and receipt of funds can be sent by email upon request.

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

Equipment:

Sportswear (e.g. T-shirt and sports pants), indoor shoes (or barefoot).

Changing room and shower facilities are available in the gym.

For questions, concerns, needs, wishes please contact:

Felix Beger +49 152 2364 2714 info@systema-ost.de

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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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