

# BOB JONES

Observance Tours Presents



## SYSTEMA IN PARADISE



Pattaya, Thailand

**“Beauty meets the Beast”**

January 3<sup>rd</sup> to 14<sup>th</sup> 2010

## “SYSTEMA” IS THE BUZZ WORD IN THE MARTIAL ARTS WORLD

Alex Kostic, one of the world's great instructors, is traveling to Thailand to share his knowledge. This will be an international camp, opened to interested martial artists from around the world.

Developed for real world application and has been used by military (Spetsnaz) and police forces from around the world.

Alex's uses his focus on movement for defence and his vast knowledge and of the human body to teach in an accessible, inspiring way.

No matter what style of martial art you study, this seminar will open your mind and body up to amazing new possibilities.

On top of the amazing physical training Alex also shares his philosophies of life, mental and spiritual health and how it relates to our body and physical structure.

### Alex will cover

- Breathing techniques to control fear and tension
- Conditioning exercises to improve strength, mobility and health
- Delivering and taking of strikes and kicks
- Escapes from holds and chokes
- Ground work and controlling an opponent on the ground
- Striking to disrupt the nervous system

## Experience the Tour

This is a trip like no other -, immerse yourself in the culture, live like a King or run on a budget. Bring your partner or travel on your own. It's all up to you. You even have the option to train in Muay Thai (Thai Boxing) at the famous Sityodtong Camp.

## Great Accommodation

The Royal Twins hotel has its own large compound right in the centre of Pattaya. This means that you're right in the centre of the action of Beach Rd and Second Rd (close to Walking street end) but as soon as you enter the compound you feel like you're in your own oasis where the noise and hustle bustle are left behind. It has great facilities and big pool. A little dated in it's décor the hotel fits our needs perfectly- inexpensive with a great location.



## Tour Itinerary

Note this is an example only - things may change and everything is optional, hence more than one thing is listed at the same time. SYSTEMA -Training will be in the afternoon from 12.30pm till 4.30pm.

**Muay Thai** for those interested sessions will run every morning from 8am till 10am at the Sityodtong camp. Some members of our group will have ring fights during the tour.

### Day 1 – Sunday, Jan 3<sup>rd</sup>

Arrive Bangkok airport, leave Bangkok for Pattaya, arrive Hotel. Explore the area, go to the Markets, sit by the pool or go the beach.

**Group dinner** and explore the night life.

### Day 2 – Monday, Jan 4<sup>th</sup>

**Thai training**, Sanctuary of Truth Temple

### Day 3– Tuesday, Jan 5<sup>th</sup>

**Thai training**, Mini Siam Tourist Park,

**SYSTEMA**, Thai Fights – Theprasit Stadium

### Day 4– Wednesday, Jan 6<sup>th</sup>

**Thai training** – Day tour to Bangkok shopping & Royal Palace. – **SYSTEMA**

### Day 5 – Thursday, Jan 7<sup>th</sup>

**Thai training**, **SYSTEMA**

**Fights at best Friends Bar 8pm**

### Day 6 – Friday, Jan 8<sup>th</sup>

*Most people need to sleep in after the fights.* **Thai training**, Pattaya Park, Markets, Pistol Range

### Day 7 – Saturday, Jan 9<sup>th</sup>

**Thai training**, **SYSTEMA** – Group dinner and big party

### Day 8– Sunday 10<sup>th</sup>

Last full day in Pattaya or fights in Bangkok (Channel 7 stadium 1pm to 4pm)

### Day 9 to 11 - Mon 11<sup>th</sup> to 13<sup>th</sup>

Stay a few more days in Pattaya or go on the optional Island tour.

### Day 11 Wednesday 13<sup>th</sup>

Leave the island Stay Pattaya for night.

### Day 12 - Thursday 14<sup>th</sup>

Dept. Pattaya for airport

## Island tour option

The beaches on Koh Samet are some of the best in Thailand and the water is crystal clear.



You can hire motor bikes and explore the island, take part in water sports, sit and relax or just take in the sites. If we are lucky we will get to go crazy with fireworks at night.

This is a great way to wind down at the end of the tour, get some rest and prepare for normal life.

### 3 Day (2 nights) Island Tour

1<sup>st</sup> Day, Monday 11<sup>th</sup> Jan. Pick up from hotel, drive to Rayon, quick boat trip to island – relax on beach, use beach facilities, stay hotel, party with the group

2<sup>nd</sup> Day, Tuesday 12<sup>th</sup> Jan. All day to explore island or relax on beach, party for your last night in Thailand

3<sup>rd</sup> Day Tuesday 13<sup>th</sup> Jan. Depart Island (morning) on fast boat – Bus to Pattaya for last night

Share accommodation, boat and bus  
approx \$120.

Single accommodation, boat and bus  
approx \$190.

## PRICES

These prices may change and are for the standard tour only.

### FLIGHTS Thai Airways \$1442 inc. taxes

Melbourne to Bangkok return. *I suggest you look for cheap flights now and meet us in Pattaya. This flight was the cheapest I could get as a group. Please contact Matt Ball for more information.*

**TOUR** -: Including; breakfast each day, all Thai training, accommodation, and basic assistance.

**Supreme** \$1397 Twin Share, \$1770 Single Room

**Deluxe** \$1514 Dble Share, \$1950 Single Room

**Triple room** \$1382 each

**Suite 1 Bedroom** \$2241 Twin, \$2434 Single

EXTRA's – All optional tours, meals (other than breakfast) and day excursions will cost extra. On average you should budget for around \$100 per day. Seasoned travellers normally spend closer to \$50 a day as they don't go crazy on the shopping.

### OPTIONS:

**No training** \$-450 off prices listed above.

**Muay Thai training packages**

You can join in Muay Thai training at no extra cost.

For further information please call Matthew Ball on 0417 551 525 or [matt@smac.net.au](mailto:matt@smac.net.au)

**Deposit Due 10<sup>th</sup> August 09**

**Flights \$250**

**Tour \$250**

**Contact Matt to reserve your place**

Please pay your deposit to the following ANZ account (different to last years) BSB: 013279

Acc: 570906365 Name: Matthew Ball

**Or PayPal via the website**

[www.smac.net.au/systemathailand2010](http://www.smac.net.au/systemathailand2010)

**Please let me know when payment is made..**