



**DIRECT FROM EUROPE**

# ALEX KOSTIC

## 'SYSTEMA: MAN AT PLAY SERIES'

Globally renowned Systema senior instructor, Alex Kostic, returns to Australia to host his fourth series.

In the next installments of his teachings, 'Man at Play', Kostic draws on his vast Systema and Martial Arts experience which blended with his understanding of philosophy comes together for this once in a life time workshop.



## TOPICS

- multiple attacks
- effortless ground work
- breaking an opponent's structure
- breathing to control adrenaline fear & pain
- flowing fist fighting
- kinetic body movement.



## DATES

28  
DAYS  
LATER  
FONT

- Wu Lin, Lancefield, Victoria. – 4<sup>th</sup> & 5<sup>th</sup> September, James Sumarac, (03) 54292122 [james@jamesumarac.com](mailto:james@jamesumarac.com)
- SMAC, Somerville Victoria 11<sup>th</sup> & 12<sup>th</sup> September, Matt Ball (03)59777055 [matt@smac.net.au](mailto:matt@smac.net.au)
- Spear Dojo Perth, Wangara, WA. 18 & 19<sup>th</sup> September, Wayne Spear (08)94094172 [www.speardojo.com](http://www.speardojo.com)

