

If you're over 18 years old, do whatever you need to do to make sure you get to this very special seminar. Whether you are studying Muay Thai, Zen Do Kai, AEK, Aikido, MMA or even boxing you will get something out of this seminar. After over 20 years of training with many of the world's great instructors I was amazed at Alex's insight, his ability to pass on his knowledge and just how tough this training is. A famous UFC fighter recently wrote "if you see a guy in a Systema T-shirt, leave them the hell alone"

Please take this opportunity, you will not regret it.

Matt Ball

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.
- body conditioning



DATES AND PAYMENT

Saturday and Sunday, 11th & 12th September – 10 Hours over 2 days, 10.30am-4.30pm

@ SMAC, 2/5 Simcock St, Somerville Victoria, Matt Ball (03)59777055 matt@smac.net.au

*SMAC Members special discount \$270 if paid by 1st September

Non SMAC members \$295 if paid by 1st September

\$340 if paid after 1st September

See Alex in action - <http://www.youtube.com/watch?v=-pUJHgcJdps>
<http://www.youtube.com/watch?v=pbvzFXwHJnU>

Accommodation is available (free of charge) if required, ask Matt when booking.

ARE YOU HARD ENOUGH