

Falling OFF the Mat

A One Day Introductory Systema Seminar



Sat January 13th 2006 12:45pm - 5:00pm

Location: Systema NW

Instructor: Kaizen Taki of Systema NW

Recommended Clothing: Loose pants and T-Shirt

Cost: \$40

No previous martial arts experience is required. People of all levels and previous backgrounds are welcome and encouraged to attend. This will be a user friendly "introductory" class to the principles of Systema. The content covered will be appropriate for both "beginner" and "advanced" martial arts practitioners interested in developing a "soft style of falling". This class will be very beneficial for anyone wishing to **reduce injury**, **build confidence** and **increase personal safety** both on and off the mat.



This seminar will include drills to develop understanding and skills in the following areas:

- The fear of falling and it's affects on consciousness and movement.
- Emotional acceptance of falling.
- Working from instincts.
- Breathing to calm the psyche.
- Breathing to develop relaxation in the body.
- Breathing's role in movement.
- The role of tension in injuries.
- Health benefits of rolling on the ground.
- Ways of identifying excess tension.
- Working with "Tension Management" skills.
- Obtaining control and freedom in falling.
- Falling comfortably and safely on hard surfaces.
- Falling comfortably and safely on and/or around obstacles.
- Increase safety and performance on and off the mat.

