

# Fundamentals of Gun Work

A One Day Introductory Systema Seminar  
Sponsored by SystemaNW.com



**Saturday February 10<sup>th</sup> 2007 from 1:00pm to 5:00pm**

Location: Systema NW

Instructor: Curt G. Boyle of Systema NW

Recommended Clothing: Loose pants and a T-Shirt

Cost: \$40.00 See [SystemaNW.com](http://SystemaNW.com) for further details.

No previous martial arts experience is required. People of all levels and previous backgrounds are welcome and are encouraged to attend. This will be a user friendly “introductory” class to the principles of Systema. The content covered will be appropriate for both the “beginner” and “advanced” martial arts practitioners who are interested in developing the [ability to work with a gun and against a gun](#). The class will be beneficial to anyone wanting to [develop confidence in the ability to fight with a handgun or rifle and to defend one self against them](#). The class will also develop basic skills in [proper handling of a gun](#).



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



- How breathing affects movement.
- Importance of conservation of movement.
- Tension and how it affects gun work.
- Rolling with the gun.
- Strikes and kicks while holding the gun.
- Learning how to affect a person’s body.
- Working with multiple attackers and managing tension.
- Moving efficiently on the ground.
- Breathing to calm the psyche and relax the body.