

Systema Continuum with Kwan Lee

3-Day Russian Martial Art Workshop

*Presented by Dameron Midgette,
Russian Martial Art of Maine*

**August 28th-30th
East End
Community
Center
Portland, Maine**



SYSTEMA *the system*

A system of training that maximizes physical and psychological capacities under all conditions.

CONTINUUM

Continuous movement is one of the foundations of Systema; it keeps us free, reveals many fear responses and allows us to take advantage of the opportunities available to us.

Participants will work with a variety of scenarios and environments.

Kwan Lee, director of Russian Martial Art Arizona, is a highly accomplished Senior Instructor of Systema with a lifelong background in martial arts. He has trained with special operations personnel in the US and Russia and received certification to teach Systema directly from its founders, Vladimir Vasiliev and Mikhail Ryabko. His students include law enforcement officers, military personnel and professional fighters. www.systema.us

Beginners welcome! No background in martial arts or athletics necessary.

For more information and registration:

<http://www.body-knowledge.com/systema-continuum/>

(207) 373-1236