

Systema Online Class Notes

Class Objective: The goal of this class is to see your strength and weakness, to reduce the weakness and further develop the strengths. When working with patience, you have to see the whole picture and you have to endure to the end.

"It is easier to find men who will volunteer to die, than to find those who are willing to endure pain with patience."
- Julius Caesar

Drill: Slow fist making -
sit up and open your
arms face up. Very slowly,
take your hand into the fist,
you must do it very smoothly with both
hands closing exactly the same time. Now,
close your eyes and very slowly open your
fists to the count of 10. Be sure
to relax on the inside.



CHAT NOTES Volume 1

This sample includes a segment from one of the lessons.



CHAT NOTES

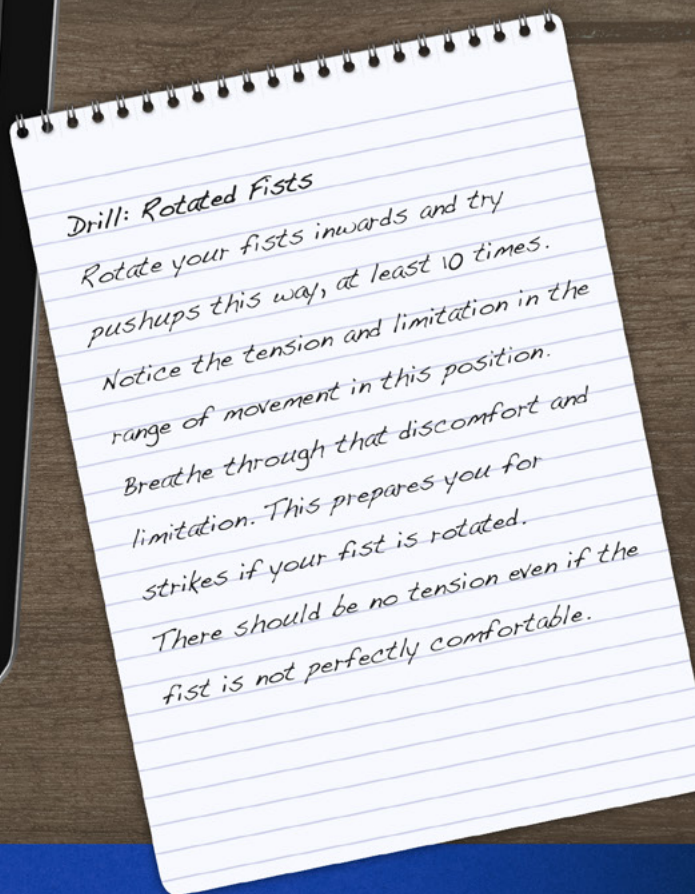
Volume 1

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This sample includes a segment from one of the lessons.



Drill: Rotated Fists

Rotate your fists inwards and try pushups this way, at least 10 times.

Notice the tension and limitation in the range of movement in this position.

Breathe through that discomfort and limitation. This prepares you for strikes if your fist is rotated.

There should be no tension even if the fist is not perfectly comfortable.



CHAT NOTES

Wednesday, November 10, 2021

This sample includes a segment from one of the lessons.



FEAR & STRIKES

Vladimir Vasiliev

Wednesday, November 10, 2021

60-minute class

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FEAR & STRIKES



Class Objective

One of the biggest obstacles for effective striking and taking strikes is fear – the fear of receiving pain and delivering pain. The goal of this class is to make your strikes more precise and less damaging to the body. Learn how to avoid the rebound effect and make strikes less emotional.

Recommended instructional films:

Breathing and Fear
Strikes



Important Tip

Correct strike delivery depends on patience of the striker.

And correct receiving of strikes depends on the skill of recovery.

Drill: Remove a Previous Impact

Sometimes our memories and previous injuries are a big deterrent in strike reception.

Lie on your back. Try to remember a previous impact and breathe through it. Try to remove this negative memory by tensing up and relaxing.

Try to remember the reason you may have received the unwanted strike and breathe through it.

Now, remember the moment just before you had this unwanted strike contact you; tense up, then relax to remove this memory.

When you capture that moment, move to a different position. Continue breathing.

Move continuously across the floor and feel comfortable in every position.

This sample includes a segment from one of the lessons.

Drill: Breathing as Your First Line of Protection

Sit on your hips and fall to the side from sitting. Observe any discomfort.

Do the same on the way back up to sitting.

With any discomfort, sit or lie down and breathe through it. Repeat a few times.

Close your eyes and continue this work.



Training Tip

Breathing is your first level of protection from impact.

Drill: Exhale to Release Tension

There is the tension of anticipation before the strikes come – first in your mind and then in your body, when the fist is closer.

Sharply fall back from sitting and sharply exhale.

First, exhale before you land and then as you contact the floor.

Next, as soon as you contact the floor, exhale sharply and roll over to your stomach. See how combining the exhale and body movements together make receiving the contact easier.

Furthermore, make the movements very smooth and balanced throughout the whole body. This prepares you for receiving a strike and immediately counterattacking.

Drill: Control the Rebound

How to control the rebound effect? Most rebound happens when the shoulder is tense or rigid.

Rotate your shoulders, one at a time. Rotate not to stretch, but to prepare to move.

This sample includes a segment from one of the lessons.

Lie on your back. Lift your arms up in the air, feel the fists and fill them with heaviness and power.

Get up still feeling this power in the fists and freedom in the shoulders.

Move your arms starting from the elbows in a circle. Notice if there is tension in the shoulders it will take you slightly out of balance on that side.

Do the same with rotating the entire straight arm.

Then move the arm across the body as if striking someone to your left with your right fist. Repeat the exercise with your other arm.

Drill: Push-ups to Pushes

Do some push-ups on your fists. Observe the tension. Push the floor away from you and relax more and more with every push-up.

Feel this push-up and then stand up and push your partner exactly the same way.

If you are training solo, push the wall. Observe the tension.

If you use take the fist of your friend and use it to hit your other partner, the effect of impact is very different.

Drill: Rotated Fists

Rotate your fists inwards and try pushups this way, at least 10 times. Notice the tension and limitation in the range of movement in this position. Breathe through that discomfort and limitation. This prepares you for strikes if your fist is rotated.



Training Tip

There should be no tension even if the fist is not perfectly comfortable.

Try falling onto your fists from your knees and feel comfortable even if the fists are rotated.