

Eastside, Systema NW

Date: 3/07/09—3/28/09
Every Saturday Afternoon
Time: 2pm—6pm
Price: See Below
Instructor: Kaizen Taki
Location: March 7th training will be conducted outdoors at a Bellevue location announced on the day of the event.
(meet first at school and then carpool to location together)

All other dates will be at the Eastside, Systema NW School
(aka Aikido Eastside)

See SystemaNW.com for Pre-registration details

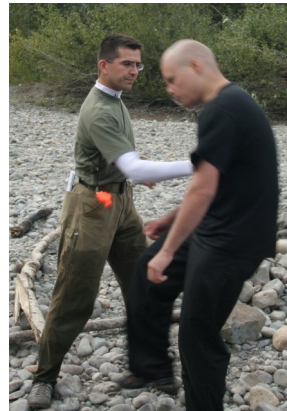


ПОЗНАЙ СЕБЯ "Discover Yourself"

Spring Knockout !!!

Registration strictly limited – Reserve your spot early and \$ave

- Total preparation for contact in confrontations.
- Small, subtle hits so powerful that even the bystanders feel them!
- Knock out the fear and achieve internal strength.
- Unbelievable strikes that remove stress, tension, fear, that make people stronger and can actually improve health!



This March come join us for an intensive 16hr progression on Systema Punching. You will experience and learn how to use many of the subtle attributes that can be applied to punches. Giving you access to the unique and extremely effective striking methods of Systema. Experience for yourself how contact work can strengthen and heal you on many levels. Join us for a little personal spring cleaning.

Spring Knockout Pricing

R U S S I A N M A R T I A L A R T & F I T N E S S T R A I N I N G

FULL EVENT

\$200 Pre-register by 2/27/09
\$240 Pre-register by 3/06/09
\$260 Register at the door

ANY 3 SESSIONS

\$165 Pre-register by 2/27/09
\$195 Pre-register by 3/06/09
\$210 Register at the door

ANY SINGLE SESSIONS

\$75 Pre-register by 3/06/09
\$85 Register at the door