



# Melbourne Systema News

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## New Venue

Hi everyone. I am happy to announce that we will be up and running in the new venue as of 19th October. The new address is 18 Catherine St North Coburg. [You can click here for a Google map.](#)

We will now have about 100 square meters of training area (as opposed to the 35 we had in Moonee Ponds)

To coincide with the move I will be introducing a new curriculum and progress appraisal. Both the curriculum and progress appraisal have been designed to guide you in the development of your training. They lay out the progression of the fundamental concepts found in Systema and gives you an expected time frame to measure your development.

There will also be some changes to the training schedule with the addition of new weekend classes starting from next week. [You can click here to view the changes.](#)

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## Acute and Chronic Injuries

### Acute Injury

Acute injuries, such as a sprained ankle, strained back, or fractured hand, occur suddenly during activity. Signs of an acute injury include:

- sudden, severe pain
- swelling
- inability to place weight on a lower limb
- extreme tenderness in an upper limb
- inability to move a joint through full range of motion
- extreme limb weakness
- visible dislocation / break of a bone

### Chronic Injury

Chronic injuries usually result from overusing one area of the body while playing a sport or

exercising over a long period. Signs of a chronic injury include:

- pain when performing activities
- a dull ache when at rest
- swelling

### **What Should I Do If I Suffer An Injury?**

Whether an injury is acute or chronic, there is never a good reason to try to "work through" the pain of an injury. When you have pain from a particular movement or activity, **STOP!** Continuing the activity only causes further harm.

Some injuries require prompt medical attention, while others can be self-treated.

### **When To Seek Medical Treatment**

You should call a health professional if:

- the injury causes severe pain, swelling, or numbness
- you can't tolerate weight on the area
- the pain or dull ache of an old injury is accompanied by increased swelling or joint abnormality or instability

If you don't have any of the above symptoms, it's probably safe to treat the injury at home, at least at first. If pain or other symptoms worsen, it's best to check with your health care practitioner.

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## Magic Knife

I recently received an email from a systema student from the Sydney group which I wanted to share with you all. For me this is a great example of being able to keep calm and not over react to the situation.

Hey mate,

Wanted to tell you of something that happened yesterday, was walking to the bus stop out at Randwick, when I was grabbed by a crazy person screaming 'Magic Knife, Magic Knife' at me.

He grabbed me round the wrist and held his other hand over his head as if to stab downward with the 'knife'

Several years of martial arts training kick in and I almost put the crazy man to his ass.

Systema training kicks in and my mind goes back to calm long enough to see that the crazy person only has a closed fist raised in the air and not an actual knife.

My wrist break/take down, changes smoothly into a simple wrist release (actually it is just the difference of putting your hand on top of his or not) and we begin a simple dialog.

In which I am very calmly asking him politely to let go of my jacket please. (his fingers got caught the arm of my Jacket) eventually he lets go then walks away as though nothing had happened at all.

I mean crazy in the literal sense, walking down the road screaming to himself type crazy, not just 'oh he is crazy'

It was only once I got on the bus and sat down for a few seconds that I felt the adrenalin leave my body that I realised, shit body was actually in over drive mode. But it was not fight or flight.

I think that is the real difference with Systema, it creates options!

Fight or Flight is very one extreme or the other.

Really afterward I was thinking of some of the training we were doing in one of the workshops to do with the Reptilian mind, bringing your attacker out of that space, but as importantly bringing yourself out as well.

Was thinking that yes this is exactly what happened. That my brain went in to that mode and then had the good sense to come back to thinking mode.

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If any of you have any stories about your systema training that you would like to share with everyone please email me at [adam@melbournesystema.com.au](mailto:adam@melbournesystema.com.au)

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## Systema DVDs

For those who are interested I have brought back a number of Vlad's DVDs from my trip to Toronto.

The titles we have on offer are:

- Let every Breath (Book and DVD)
- Systema Hand to Hand
- Fundamentals of Knife Disarming
- Escape from Holds
- Contact, Impact and Control
- Strikes
- Beat the Odds