



Combat Systema

Practitioner Level 1 Requirements

- BREATH:**
- Relaxation vs. Performance Breathing
 - Square Breathing (*"Pendulum Principle"*)
- HEALTH & MOBILITY:**
- Spinal Alignment
 - 3 Planes of Movement (circular)
 - Circular Sit-Up (a.k.a. Body Screw)
 - 3 variations (framed, posted and with arm screw)
 - The Spindle
 - The Hip Pivot
- STRIKING:**
- Surfacing
 - Segmentation
 - The Finger Whip
 - The Palm Wedge
 - The Slap
 - Basic Knee Strikes
 - Thrust Kick
 - Stomp
 - Instep Kick
- GRAPPLING:**
- Basic Defensive Ground Movement
- WEAPONS:**
- Universal Entry VS. Stick
 - Basic Stick Clinching
- STRUCTURE:**
- Baseline (Stumbling, Stretching and Voids VS. Densities)
- COMBAT PSYCHOLOGY:**
- Putting the "self" in self-defence