

Eugene Systema

Russian Martial Art: Winter Workshop



Join us Sunday, January 31st for 3 hours of Systema training. Whether you are just curious about Systema, or have been training regularly, this workshop will be a great opportunity to experience some concentrated instruction and training in this unique Russian martial art. There will be no prescribed techniques or moves to memorize. All training will be principal based, with skills easily transferable to other martial arts, or indeed any endeavor.

Matt Lowes is a Systema instructor with over 25 years of experience in martial arts. In addition to regular classes and workshops he has taught classes for law enforcement and a school for the blind. The past two years he has been a guest instructor for the Pacific Martial Art Conference.

January 31, 2016

Training will run from 1pm to 4pm at
Best Martial Arts Institute

795 Almaden St
Eugene, OR

\$20 paid at the door

Please submit all questions through our website at: eugenesistema.com/contact