

BMAI Systema Study Group



The BMAI Systema Study Group offers training in this unique Russian martial art.

Systema develops ability through an exploration of breathing, relaxation, body position and movement.

Tension management, sensitivity and awareness, overall mobility and spontaneity are all potential benefits of this training.

The group meets every Wednesday from 7:40-8:40 at the downtown dojo. Wear loose pants and a t-shirt.

Due to time and space constraints the group is limited to students 16 or older with a minimum 6 months martial arts experience.

For additional information contact

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