



## FROM AWARENESS TO ACTION

### SYSTEMA SEMINAR with VLADIMIR VASILIEV

in Bonn, Germany,  
on 26 and 27 September 2026

#### INSTRUCTOR

#### VLADIMIR VASILIEV

Director and Chief Instructor of Systema Headquarters, Toronto, Canada

#### SEMINAR TOPIC: From Awareness to Action

The foundation of fast and correct action is tactical awareness and control over your own internal condition.

At this seminar, prepare for the real-life scenarios:

- Be aware of your surroundings without being paranoid
- Read the signs of danger, when to avoid it and when to deal with it if escape is not an option
- Trying to "win" a fight vs professional work
- Protect yourself from harm: mental and physical
- Capture the value of calmness
- Know your own strong and weak points for strikes, holds and weapons
- Know the real limits of your body condition, speed and courage

Turn awareness into action and danger into control.

The training is suitable for both beginners and experienced fighters.

This seminar is a rare opportunity to learn directly from Vladimir Vasiliev and to train with him.

**It will be possible to renew, extend and issue new instructor certificates at the seminar.**

## SCHEDULE

### Day 1 – Saturday, 26 September 2026

10:00-11:00:	Check-in
11.00-14.00:	Training
14.00-15.00:	Break
15.00-17.00:	Training

### Day 2 – Sunday, 27 September 2026

09.45-10.00:	Check-in (not necessary if you checked in on Saturday)
10.00-13.00:	Training
13.00-14.00:	Break
14.00-16.00:	Training

## LOCATION

Gym on the premises of the **LVR-Klinik**, Kaiser-Karl-Ring 20, **53111 Bonn** (see map below).

Bonn, being the former interim capital of the Federal Republic of Germany until 1990, has great transport connections and can easily be reached by various means of public and private transport.

The airport Cologne/Bonn (CGN) is close to Bonn city centre and there are fast transfers available by bus or train into the city.

Bonn can also easily be reached by direct train from the next major airport, Düsseldorf International (DUS), which is about 100 km away.

Finally, Germany's largest airport, Frankfurt International (FRA), is about 180 km away and can be reached via a fast train connection.

## LANGUAGES

The seminar will be held in English.

In order to maintain the flow of the explanations and demonstrations, the organiser **does not offer translation into any other languages**, including German.

In case you are in need of language support other participants may be willing to help you out temporarily as interpreters.

Regarding communication with us during the registration process we ask you to please use English or German. We are unable to accommodate any other languages.

## PARTICIPANTS

We welcome everyone. The seminar is suitable for all levels, regardless of whether you are advanced in Systema, have just started training, know other martial arts or have no experience in this area.

Participants must be at least 18 years old and in good health.

**It is not allowed to wear military (camouflage) clothes during the seminar.** Participants wearing this or a similar type of clothing will not be granted access to the training facilities.

Participants train at their own risk. Please note the liability terms below.

## PRICES

### **Very Early Bird Rate (bookings until 31 July 2026):**

210 Euros for two days  
110 Euros for one day

### **Early Bird Rate (bookings until 31 August 2026):**

230 Euros for two days  
120 Euros for one day

### **Standard Rate (bookings on or after 1 September 2026):**

250 Euros for two days  
130 Euros for one day

## REGISTRATION & PAYMENT

**Please note that participation is subject to prior registration.**

**Furthermore, the number of registrations is limited** due to the special nature of the training facilities. **Once the maximum number of participants has been reached no more applications will be accepted.** Applicants will be registered on a first-come-first-served basis.

In view of Vladimir's last seminars in Europe this event is expected to be sold out rather quickly, so we recommend you book your spot as early as possible.

**Please also note registration/payment at the door will NOT be permitted.**

To register for the seminar, please visit the following website where you will be guided through the registration and payment process:

<https://www.deinetickets.de/shop/sysb26/>

This URL can also be accessed via the following QR code:



Payment is made directly via the ticket shop, which offers various payment options that may generate additional costs.

To register you must complete the registration form and pay the applicable seminar fee in full. Otherwise you will not have registered validly and your place will not be secured.

Your registration is considered accepted and confirmed by the organiser as soon as the ticket shop has sent you the ticket.

## CANCELLATION & REFUNDS

If, for whatever reason, you cannot participate at the seminar and need to cancel your booking you must do so in writing.

For cancellations up to and including 31 July 2026 a cancellation fee of 100 Euros (or 50 Euros, if you only registered for one day) is applicable and the remaining fees will be refunded to you. **There will be no refunds for cancellations made on or after 1 August 2026.** It is also possible to transfer your booking to another person who fulfils the requirements stated herein without additional costs if you are not able to attend the seminar yourself.

The seminar organiser reserves the right to call off the seminar if force majeure or the cancellation of the instructor prevents the seminar from taking place. In such case the applicable seminar fee will be fully refunded to the participants. However, there will be no refund of any other costs incurred by the participants, such as costs in relation to travel arrangements or accommodation.

## WHAT TO BRING

Indoor training-shoes (**non-marking and without black soles**), training knife, training-stick and training clothes. **No military (camouflage) clothes are allowed.**

## LUNCH AND FOOD OPTIONS

There are several options to get food nearby, e. g. on Kölnstraße in a walking distance of about 600m from the seminar venue, such as:

- Rewe supermarket, including a bakery (Kölnstraße 154, 53111 Bonn);
- C' est la vie, a cafe across the street from aforementioned Rewe (Kölnstraße 177).

Walking further on Kölnstraße toward the city centre, in a distance of about 800m from the seminar venue, there are further options such as an Aldi supermarket, a döner kebab fine restaurant and an Asian restaurant.

## ACCOMMODATION

Bonn offers a wide range of accommodation, including various hotels within a ten-minute walk of the training venue.

For accommodation options please refer to the established internet booking platforms and the following services of the City of Bonn:

- <https://www.bonn.de/bonn-erleben/anreisen/hotels-unterkuenfte.php^> (Overview of the wide range of hotels in Bonn, including a free telephone booking service provided by Bonn Information)
- <https://www.visit-bonn-region.de/planen-buchen/hotels-hosts-buchen#/unterkuenfte> (direct booking via the electronic booking platform "bonnregion")

## PHOTO AND VIDEO RECORDINGS

Please note that the Organiser may take pictures and record videos that could be used and published for the purposes of the organiser. Your consent to this coverage and usage will be required upon check-in in order to participate at the seminar.

The participants are allowed to take photos during the seminar. The participants are not allowed to record videos, except if so permitted by the organiser.

## LIABILITY

All training takes place at the participant's own risk.

The seminar is a martial arts seminar with close physical contact to other persons so that injuries may occur even while training carefully and with mutual consideration.

Neither the Organiser nor the trainers/instructors or their assistants shall be held liable for any damages and/or injuries that might occur during the seminar. **The participant agrees to be bound by these terms by registering for the seminar.**

Furthermore, each participant confirms that they are in adequate physical and psychological condition to participate at the seminar.

## LEGAL NOTICE

This document is the legal basis for your participation in the seminar. Please read it carefully and only register for the seminar if you agree to the terms stated herein.

Participation in the seminar requires that the participants train peacefully and cooperatively with each other. Participants must follow the organiser's instructions. The organiser reserves the right to deny access to the training facilities and remove participants if necessary in order to maintain peace during training.

The German language version of this document shall be controlling in all respects and shall prevail in case of any inconsistencies with translated versions.

## NON-PROFIT ORGANISATION

RMA Systema-Bonn e. V., the Organiser of the seminar, is a non-profit organisation. Proceeds from the seminar will therefore benefit non-profit causes.

## CONTACT

Organiser and seminar host:

**RMA Systema-Bonn e. V.**,  
represented by its Board of Directors  
Villichgasse 2a  
53177 Bonn (Bad Godesberg)  
Vereinsregister AG Bonn 7206

Head Organiser and contact person:

**Norbert Tannert**

E-mail:

seminar@systema-bonn.de

Website for registration and information:

[www.systema-bonn.de](http://www.systema-bonn.de)

If you have any further questions please contact us via the above contact email address.

We are very much looking forward to seeing you in Bonn!

Norbert Tannert

on behalf of  
RMA Systema-Bonn e. V.

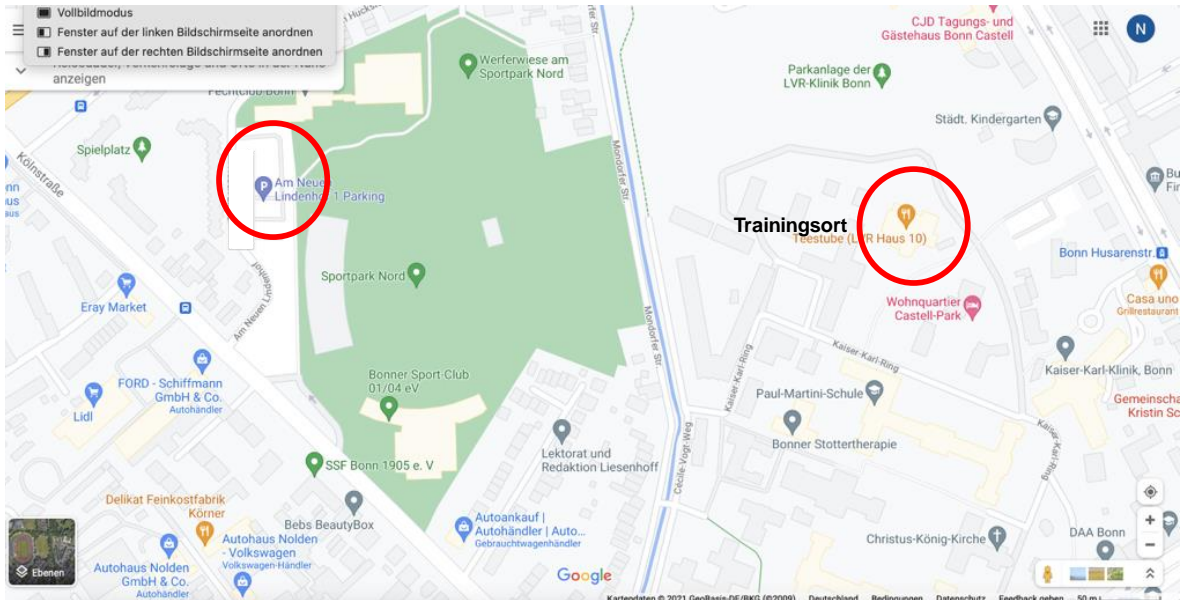
## ANNEX

### MAPS

The seminar venue (Gym on the premises of the LVR-Klinik, Kaiser Karl Ring 20, 53111 Bonn) (see map below) is labelled as “Trainingsort” or “Seminar-place” on the maps.

We suggest you park at the public parking space Am Neuen Lindenhof 1, 53111 Bonn (labelled as “parking-area” on above map, also see left red circle on below map) free of charge. The footpath from this car park to the sports hall is also indicated on the last map.

Since the gym is located on the premises of the LVR-Klinik there are no public parking spaces in the immediate vicinity of the gym.



Trainingsort = seminar venue = lieu du seminaire

