

By Janik Litalien

Russian Martial Arts

Coming from eastern Quebec, I got my first martial arts experience in my youth by attending karate classes, but Systema didn't become a large part of my life until after a 10 year martial arts hiatus. When someone suggested Systema, I knew I had found my calling.

Derived from 1000-year-old Cossack fighting techniques, systema was designed for the Red Army. Systema does not have stances, fancy uniforms or belts. The training methods are very different from traditional martial arts. From the start, you learn real defensive situations; you will be able to protect yourself after three months. After a year you become the equivalent of a karate black belt. As your confidence grows, training will spread into many areas. You not only acquire greater power as a fighter, but also as a person. It is a sport that is not only open to all, but also fun, positive, and safe.

Systema classes are held in the centre in Tai Kok Tsui and the HKFC. You can also see demos at the American Club and soon in other private clubs as well. 🍁

