



1. Natural reaction to a punch
2. Follow reaction to balance points
3. Stay in contact

manipulated, mainly when you realise that you are on your back when you could have sworn you were just standing a moment ago. Strangely enough

because you are working out of natural reactions it is extremely hard to forget. The System stands alone as a work of genius in my opinion, but just the concept of it can be used as a great enhancer for any art that you study. As you may have guessed I highly recommend it.

psychological level. Then there is the energetic level where a practitioner develops a sense of the opponent's energy and learns to effect the opponent at that level. This is also extremely effective as it seems possible to me that we negotiate the world on a subconscious level using this part of our senses and when people fight they do so at a subconscious level. Subtle manipulation of the subconscious means controlling the action.

The System works with multiple opponents, on the ground, against or with weapons, the applications seem limitless. Even though it appears to work on all human levels of movement and perception it tends to work as a whole system, like an intricately woven ball of silk it would be pointless to try and define one layer from another, its true beauty is accepting it as a whole. To me it's like moving using a single concept rather than applying technique to a specific situation. The System allows a practitioner to let his or her physical and energetic movement ride a wave of a developed intuition rather than a more logical process.

I am amazed at how much information you give away about yourself just by the way you naturally stand. When you work out with someone like Vladimir or Mikhail it becomes abundantly obvious how much information you are projecting about yourself and how it can be

it appears that if you apply the concepts of the system to your life it seems to have the same effect of relaxing you and actually healing you and your training partner's body and fortifying the spirit. They say that when they punch you they heal you, and trust me they can strike with incredible power, but it is done with such a positive and natural energy that they are working to heal you by eliminating the tension from your body. No tension, no blockages of the energy flow through the body. You always come away from a workout feeling better than when you started.

It is a simply amazing art. Also it has a very strong psychological, spiritual and physical health component, these factors, I think, are more important than the purely physical components. Without a loss of ego and an understanding of how to develop positive energy in your life it is hard to see how one could do more than scratch the surface of Systema. I know that these are the things that I struggle with the most. But even just 'scratching the surface' would still go far beyond most martial arts I have encountered on a physical level. The art itself, as Vladimir explained, is not really a martial art at all but a method of cleansing yourself and allowing the art (and your life) to come out of that. The intuitive method and training regimen presents a very fast learning curve and

***You have some videotapes out and a book which you produced last year, could you explain what they are about?***

I have produced a fourteen tape series on Kenpo as a fighting system called the *Kenpo Fighters Videotape Series* that I produced before I really got into The System. They cover the basics through technique application of the concepts and principles of combat. Also they cover weapon defense, multiple attacks, locking and controlling, stand-up grappling and Kenpo and ground fighting and Kenpo. The series really covers a lot of ground with full contact demonstrations. Everyone who has seen it so far has really liked it. I have also written a book called *The Kenpo Fighter's Handbook* which is a companion piece, I am still deciding how to publish that. If anyone is interested in the tapes they can see a full review of them by many of the top Kenpo practitioners at my web site [www.ironmonkeyma.com](http://www.ironmonkeyma.com). I must also give a plug to Vladimir's tapes on Systema which are superb and I highly recommend at

[www.russianmartialart.com](http://www.russianmartialart.com).

I would like to thank you for the opportunity of discussing some of these incredible arts with you and the great time I had at your school.