



Take your Martial Arts
to a higher level

Be one of the first to
participate in this
revolutionary
and complete
discipline
that is taking the
world by storm

Check it out on -youtube

www.youtube.com/watch?v=NSmHJzuQFrQ

www.youtube.com/watch?v=pbvzFXwHJnU&mode=related&search=

More about ALEX KOSTIC

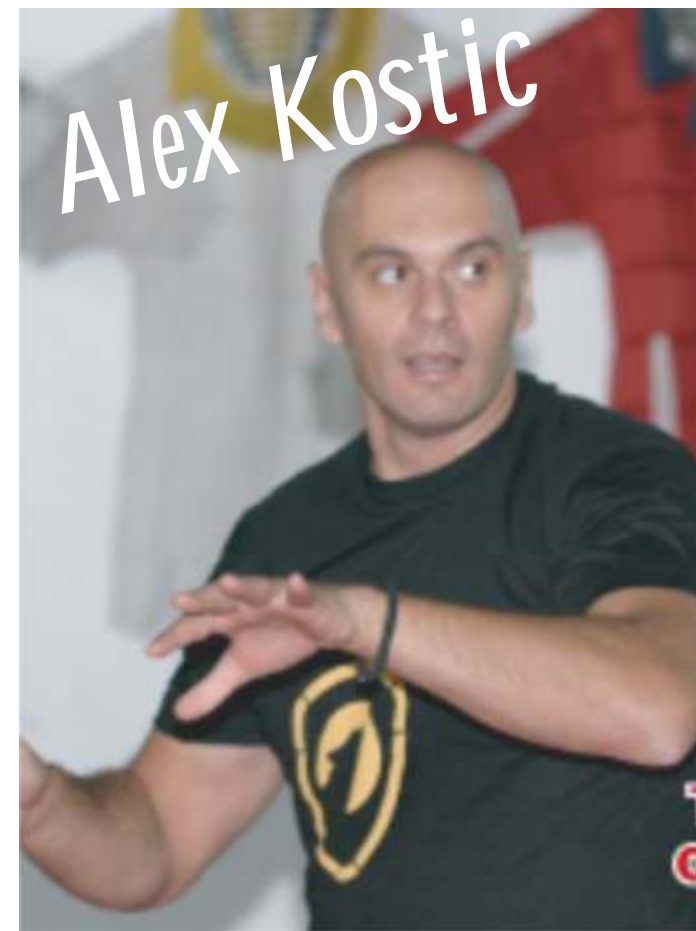


Alex Kostic has studied Russian Martial Arts under Mr. Vladimir Vasiliev in Canada for 12 years. He is a certified SENIOR INSTRUCTOR and presently teaches several classes a week in the headquarters club in Toronto. When in Serbia also oversees his Vukovi club in Belgrade where he has a fantastic band of followers. Alex has also made several trips to Russia to extend his knowledge and experience; there he studied under Mikhail Ryabko and others in military and folk fighting Arts.

Alex also has 10 years extensive experience in the tough security industry in Toronto.

During the past few years he has trained with fighters preparing for UFC, PRIDE, VALE TUDO, NHB and other open style competition.

Being a philosopher by education and vocation, he is very interested in psychical, psycho-physical and Slavic(folk, fundamental and spiritual) aspect of the SYSTEMA approach to life.



Alex Kostic Systema
Seminars
March 2008

Wu Lin Retreat proudly presents
NEW & EXCITING seminars of
Russian Martial Arts by Alex Kostic.



Alex (centre) with Systema Founders Mikhail Ryabko & Vladimir Vasiliev

DATE :
 Workshop1: .March 21 -24 2008 to be conducted at Wu Lin Retreat Victoria
 Workshop 2. March 29th & 30th to be conducted at Wu Lin Retreat Victoria
 Workshop 3. April 5th & 6th to be conducted in Sydney (venue T.B.A)

TIMES : 9.30am – 4.30pm each day

ITEMS : Kinetic chain movements, mass attack, psychic energy, knife concepts, defense from the ground, escaping from holds and more!

VENUE : Wu Lin Retreat is a purpose built Martial & Healing Arts Retreat in the Macedon Ranges Lancefield Victoria (30 minutes from Melbourne Airport) www.wulinretreat.com

COST :
 Workshop 1: Four Day Participation
 \$550- (plus gst.)

Full Package: \$990-(plus gst.)
 All inclusive training, accommodation (3 nights shared) and all healthy home-style meals.

Workshop 2: Weekend Participation
 \$295- (plus gst.)

Full Package: \$ 480- (plus gst)
 All inclusive training , one night shared accommodation and all healthy home-style meals.

Workshop 3. Weekend Participation
 \$295- (plus gst)

To ensure a place please send a deposit of \$100- cheques payable to Wu Lin Pty Ltd

These seminars will fill quickly and open to experienced Martial Artists only.

*To Maximise Teaching Quality
 Numbers Will Be Strictly Limited.*

Contact : James Sumarac
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 Mobile : 0417350398
 Email : james@jamesumarac.com
www.jamesumarac.com

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 being full payment for the course
 Accommodation required (Y) (N)

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