



# U.NIVERSAL O.PERATING S.YSTEM

*OPERATING SYSTEM; NOUN: SOFTWARE THAT CONTROLS THE OPERATION OF A COMPUTER AND DIRECTS THE PROCESSING OF PROGRAMS*

PRAMEK'S COMBATIVE AXION NUMBER 2 STATES THAT ONE SHOULD NOT FIGHT AGAINST A STYLE, BUT AGAINST THE HUMAN BEING USING THAT STYLE. EVERY PERSON IS GOVERNED BY THE LAWS OF PHYSICS AND THE SCIENCE OF THE HUMAN BODY. PRAMEK **U.NIVERSAL O.PERATING S.YSTEM** IS AN EDUCATION METHOD TO TRAIN YOUR 'OPERATING SYSTEM' USING UNIVERSAL PRINCIPLES AND CONCEPTS.

PRAMEK'S **UOS** IS THE FIRST TRUE UNIVERSAL LEARNING SYSTEM IN MARTIAL ART, UTILIZING STRICTLY SCIENTIFIC THEORY AND PRINCIPLES TO EXPLAIN THE PREVIOUSLY 'SECRET SCIENCE' OF MARTIAL ART. WITH PRAMEK'S **UOS**, THERE IS NO 'SECRET', ONLY UNDERSTANDING. IT MAKES AN EXPERIENCED MARTIAL ARTIST MORE EFFECTIVE, AND TEACHES A NEW STUDENT A FASTER METHOD OF LEARNING.

DEVELOPED OVER A DECADE OF TRAINING BY A GROUP OF MARTIAL ARTISTS RANGING FROM TOURNAMENT WINNER'S TO SPECIAL OPERATIONS SOLDIERS, **UOS** MAKES THE COMPLEX SIMPLE AND IS NOT STYLE OR SYSTEM SPECIFIC,

UOS DOESN'T TEACH YOU A MARTIAL ART - IT TEACHES YOU TO CREATE YOUR OWN.

**UOS** TEACHES YOU TO CONTROL YOUR BODY AND THE ENVIRONMENT AROUND YOU BY EDUCATING YOU ON WHAT YOUR NATURAL ABILITIES ARE...THEN HONING THOSE NATURAL ABILITIES WITH EASY TO UTILIZE CONCEPTS AND PRINCIPLES. THE **UOS** WILL TEACH YOU HOW TO 'SEE' COMBAT FOR IT'S ACTUAL STATE: AN ARENA RULED BY THE LAWS OF PHYSICS. THAT YOU ARE A MACHINE COMPRISED OF SYSTEMS, POWERED BY BIOMECHANICS AND PSYCHOLOGY...THAT YOU HAVE LIMITLESS POTENTIAL.

DISCOVER YOUR OWN POTENTIAL AT [WWW.PRAMEK.COM](http://WWW.PRAMEK.COM)





# U.NIVERSAL O.PERATING S.YSTEM

PRAMEK'S U.O.S. IS A STUDY IN THE SCIENCE OF COMBAT:

BIOMECHANICS - LEARN TO MOVE HOW YOUR BODY IS DESIGNED: AS A MACHINE.

PHYSIOLOGY - LEARN HOW THE BODY'S SYSTEMS FUNCTION BEFORE AND DURING COMBAT

PHYSICS - LEARN TO THE APPLY NATURAL LAW, LIKE NEWTON'S LAWS, TO YOUR MARTIAL ART

MECHANICS - LEARN HOW COMBAT IS GOVERNED BY THE LAWS OF MECHANICS - AND HOW TO USE THEM

PSYCHOLOGY - LEARN HOW THE BRAIN OPERATES AND TEACH YOURS TO WORK FOR YOU

STRATEGY - DISCOVER HOW TO 'SEE' COMBAT WHEN OTHERS ARE OBSERVERS

METHODOLGY - BECOME A BETTER TEACHER AND STUDENT USING NEVER BEFORE SEEN TEACHING METHODS.

GO TO PRAMEK.COM NOW TO START YOUR U.O.S. STUDY THROUGH VIDEO, DISTANCE LEARNING PROGRAMS, OR A SEMINAR NEAR YOU!

### WHAT OTHERS ARE SAYING ABOUT PRAMEK:

*"HE WAS REAL LOW-KEY AT THE SEMINARS, BUT REALLY GOOD. NO BIG ADVERTISEMENTS OR ANYTHING. DON'T KNOW HOW OUR NCOIC FOUND HIM. VERY COMBATIVE BASED, GOOD PISTOL WORK, GOOD CQC STUFF. REAL SCIENTIFIC."* SGT. ELLIS, GEORGIA

*"FINALLY, A MOVEMENT PROGRAM THAT WAS EFFICIENTLY DESIGNED FOR THE PURPOSE OF COMBAT AND EVERYDAY USE. THERE ARE MANY SO CALLED JOINT MOBILITY PROGRAMS...BUT ONLY ONE PROGRAM WILL TRAIN YOU TO MOVE EFFICIENTLY SEVEN DAYS A WEEK ON THE JOB, AND IN EVERYDAY LIFE! THAT PROGRAM IS CALLED THE HELIX: STANDING MOVEMENT."* STEVE, OHIO.

*"I HIGHLY RECOMMEND THAT IF YOU GET A CHANCE TO TRAIN WITH MATT, DO IT. HE HAS TURNED MY 33YR KNOWLEDGE OF SELF DEFENSE ON IT'S EAR. I AM SO GLAD TO HAVE HAD THE CHANCE TO WORK WITH SOMEONE OF HIS KNOWLEDGE."* GREG, MARTIAL ART SCHOOL OWNER, ONTARIO

*"NO FLUFF, NO BS...EVERYTHING WAS VERY FUNCTIONAL AND PRACTICAL. IN A NUTSHELL MATT TOOK MY 25 PLUS YEARS OF HARD TIME IN THE MARTIAL ARTS LEARNING TO TAKE AWAY A MAN'S BALANCE AND SUMMARIZED IT IN ABOUT 6 HOURS."* MATT, MARTIAL ART SCHOOL OWNER, VANCOUVER CANADA.

*"I USE PRAMEK EVEN WHEN I'M NOT TRAINING SPECIFICALLY IN PRAMEK. IT'S DEFINITELY HELPS MY BJJ."* DAVID, US ARMY

