



PRAMEK RETURNS TO HOLLAND

We are excited to announce Matt Powell returns to Europe to teach a two day intensive seminar, with special guest instructors from America.

During two days of intensive training, we will cover a multitude of topics and show the transformation of Russian style to the modern Pramek System.

We invite all of our European friends to come and join this two day intensive training summit while enjoying training at the world-renowned Fitz Fighting Gym outside of Amsterdam.

Seminar Dates

November 16 - 17, 2013

Seminar Times

1030am - 5pm each day (group dinner afterwards locally)

Seminar Cost

\$50USD for one day, \$75 for both days

(Space is limited, to hold your spot please pay full amount by October 15, 2013)

(T-shirts, USB drives of videos, and other materials will be available for purchase)

Day 1

Combining science and striking, combative striking uses strategy and physics to create powerful, effective, teachable striking.

- Physics of striking
- Creating more powerful strikes using biomechanics and targeting
- Types of strikes
- Distractions and Psychology
- How to set goals
- Strategies of striking
- Tactics for controlling through striking
- Human Physiology and weak points
- ...and much more.

T O P I C S

Day 2

Combining conditioning with our DPT methods, Combative Problem solving is an intense journey into the science of fighting regardless of the obstacle.

- Mindset and psychology of fighting
- Combative Conditioning
- Controlling breathing and heart rate
- Austere fighting positions (close quarters, from the ground, stair wells, from chairs, while being restrained, etc)
- How to fight multiple opponents
- Solving combative problems
- Improved weapons
- ...and much more

ARRANGEMENTS

Local Contact

Dennis Zijlstra: werkaandewinkel@hotmail.com

Gym Details

Fitz Fighting Gym

De Bloemhof

Hornweg 187

Aalsmeer

Noord-holland 1432 GH

<http://www.fitzfightinggym.com>

End car park "The Bloemhof" by the fences left, green building.

General Information

The location of the seminar is with a car or cab not more than 20 min. from the airport.

While Amsterdam is very popular, if you wish to only participate in the seminar and no sightseeing, we recommend booking a hotel near the airport (Schiphol, Amsterdam Airport) or near the seminar: Aalsmeer, Uithoorn, Amstelveen and then taking a cab/car to the seminar location.

If you wish to stay longer and go sightseeing - Amsterdam is the best option for lodging.

General Booking Sites

<http://www.bookings.com>

<http://www.trivago.nl>

<http://www.hotels.nl>

<http://www.bedandbreakfast.nl>

Amsterdam Arrangements:

Hostels:

<http://nl.hostelbookers.com/hostels/nederland/amsterdam/>

<http://www.tourist-inn.com/>

Bed and breakfasts:

<http://www.amsterdam-bed-and-breakfasts.com/>

Alternative staying (Fun but adventurous):

<http://www.couchsurfing.org/>

Public transport information:

<http://www.9292.nl>

Questions/Concerns?

Contact info@pramek.com and we will help!

General Information

All participants will be required to sign a waiver to participate. Payments are non-refundable after the date of November 1st, 2013. Deposits are available upon special arrangement with Pramek at info@pramek.com

Recommended Equipment

Mat appropriate shoes (we discourage barefoot training) // Comfortable clothing // Two pens // Notepad // Water // Snacks or energy bars // Any safety equipment you require (braces, etc) // Eye protection //

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