

LONDON SCHOOL OF SYSTEMA

Psychological preparation for combat:

Reserves of the human psyche

With Konstantin Komarov

Seminar Programme, 19th and 20th May



Seminar will be hosted at :

Wanstead Leisure Centre
Redbridge Lane West
Wanstead
London
E11 2JZ

Saturday 12-5pm
Sunday 10-3pm

For the first time, Konstantin Komarov will visit the UK, teaching a seminar based on his unique skill and experience. All are welcome.

Saturday 19th May

Subject 1 - Body and Psyche.

1. The connection between the body and psyche. The physical manifestation of the psychological constitution and its effect on the body. Basics of visual diagnostics.
2. Fear. "Blocks" in the body and the psyche caused by fear. The way to deal with them. Overcoming fear.
3. The effect of extreme stress on the psyche and the body. Preparation for action in a state of stress. Survival in combat.
4. Pain and Concentration. The basics of working with pain.

Subject 2 - Accessing further potential within the psyche, its development and application.

1. The psychic condition and its influence on one's perception of the environment and behaviour.
2. "The inner voice of the body", its development and application.
3. Intuition. Preparing the psyche for intuitive work.

4. Sensitivity and precision of perception as the basis of combat.
5. Self-development of the psyche.

Sunday 20th May

Subject 3 - Visual judgment of situations. Detection of a shift of intent in others

1. Behavioural patterns.
2. Means of visual diagnostics: logical and intuitive.
3. Detection of hidden objects.
4. Diagnostics of psychological state and intent.
5. Control over another person's intent. "Invisibility" and "the un-provocable psyche"

Subject 4 – Extreme stress relating to a particular event or cumulative stress – its effect on the body and health. Psychological trauma and somatic health disorders. The Systema approach to the prevention and treatment of illness.

1. The effect of psychological stress on the human body.
2. The development of psychological trauma and its symptoms. Obsessions and their avoidance.
3. Bodily manifestations of symptoms. Working with one's psychological problems through the body.
4. Prevention of and resistance to psychological stress by working with one's body.

Further material

- further studies on the subject of "Health" from a physiological aspect and specific exercises for the body
- "tough" work to prepare the psyche through intensive work with punching and pain
- transition to the subject of personal victimisation, criminality, personal safety etc.