

Home > Society

Bringing the spirit of Systema to Hong Kong

October 21, 2013 Olga Kozlova, special to RBTH Asia-Pacific

The Systema martial arts school in Hong Kong conducts its classes in a nondescript building in Tai Kok Tsui. This might as well be a concealed trial of person's humility - one of the important goals of personal development, according to the School's philosophy.

Recommend 7

Tweet 1

Share

Pin it

RELATED

- Russian aluminium giant criticizes LME reform plan
- Russian ex-champion to turn Vladivostok into mixed martial arts capital
- Snowden "asked Russian diplomats in Hong Kong for help" - Putin

TAGS

MARTIAL ARTS
HONG KONG

SOCIETY HEADLINES



NSW yabbies on alert to protect St Petersburg's fresh water



Russians enticing tourists to Hong Kong via Facebook



Little Japan in Moscow: one day at only Japanese school in Russian capital



Russian, Asian sailors' unions combat illegal recruitment



Source: PressPhoto

Systema (Rus., "The System") is a traditional Russian martial arts school famous for its hand-to-hand combat techniques that haul from the 10th century Russian warriors' legacy.

The use of Russian kettlebells along with various weapons, such as whips, knives and even firearms is another distinct feature of Systema. It is praised worldwide as being a very natural and almost instinctive martial art with its own blend of philosophy and training.

Related

[Russian ex-champion to turn Vladivostok into mixed martial arts capital](#)

[Russian Muay Thai champion discusses martial arts](#)

Hong Kong's Systema was brought to life by Janik Litalian, a Canadian instructor living in Hong Kong, who started teaching this unique martial art in 2010. Three years later the school has developed considerably, greeting new students every month.

The 3-day seminar by Konstantin Komarov, which took place at the school on October 12-

14th, was a major event in local Systema's life.

Konstantin, one of the top masters and most respected authorities for close personal protection (i.e. bodyguard), handgun work, and the deep psychological aspects of Systema, visited to Hong Kong and spent three days with local and foreign students helping them to evolve and develop their skills.

Konstantin also showed some real fighting actions for the media master class that was an unforgettable experience since it is rare to see a professional of such caliber to demonstrate his power and unique abilities.

The seminar participants numbered at 30 persons, some of whom came to Hong Kong specially for the event. Students from Japan, Australia, Poland and Russia as well as local hongkongers flocked to the martial arts centre in Tai Kok Tsui to spend the long weekend on the floor with Konstantin.

Students with different backgrounds and levels of fitness, some having years of martial arts training and others just trying to strike their partner for the first time all participated equally and enjoyed the seminar as Konstantin taught them to overcome their fear, use various weapons and repel the unexpected attack.

They might have various stories of how they found Systema, but the fact remains that it is a special experience for every one of them.

Kellie (Hong Kong) has been training with Systema for 3-4 months. "I used to do Taekwondo and other martial arts but it felt rather stiff and not very applicable so I was looking for something that was more "natural"."

Systema is highly inclusive and adaptable for students from other martial arts disciplines. One of seminar participants - Kai from Australia - said: "I mostly do Wing Chun and I think Systema is very compatible with Wing Chun with its emphasis on relaxation and structure, moving in an intelligent way."

The seminar concluded with the Russian Deputy Consul General to Hong Kong, Valentin Markov, awarding all partakers with certificates for attending the classes.

Janik Litalien, chief instructor of Hong Kong's Systema, is planning to expand school's activities further and arrange more seminars for its students so that Systema could continue to contribute to well-being and personal development of its students and bring more Russian spirit to Hong Kong.

All rights reserved to RBTH Asia Pacific and Rossiyskaya Gazeta. No part of this article may be reproduced or transmitted in any form or by any means without prior written permission of RBTH Asia Pacific. Contact mail: editor@rbth.asia

Recommend 7

Tweet 1

Share

Pin it



Add a comment...

Post to Facebook

Posting as Janik Litalien (Change)

Comment

Facebook social plugin

RELATED ARTICLES

- Russian aluminium giant criticizes LME reform plan
- Russian ex-champion to turn Vladivostok into mixed martial arts capital
- Snowden "asked Russian diplomats in Hong Kong for help" - Putin

TAGS MARTIAL ARTS, HONG KONG

Follow @rbthasia 181 followers

Connect with Russia Beyond the Headlines Asia on Facebook

MOST READ



Russia's Volga Federal District courting Chinese investors



Chinese payment card gets access to Russian market



Russia helping China to build two more units at Tianwan NPP

EDITOR'S CHOICE

Kings of the beach look to hang on to their world cup



NEWS FROM RUSSIA

17:28 October 2, 2013 CNPC and VTB sign memorandum of understanding

17:38 September 27, 2013 Russia warns Japan over disputed islands

12:58 September 27, 2013 Preview: What's happening at Russian Internet Week 2013

11:40 September 20, 2013 Japanese minister for Northern Territories to visit Kurils

12:49 September 18, 2013 Ancient burial site found in eastern Russia

12:25 September 17, 2013 Russian culture ministry initiates direct contacts with China

11:42 September 17, 2013 Putin on chocolate adverts in China

11:37 September 17, 2013 Petrochina looking to invest 10bn dollars in Russian gas assets

For each of you there is a Russia of your choice

RBTH for iPad 4

Available on the App Store



PHOTO OF THE DAY



View More

BLOGS



On the Trans-Siberian

On the Trans-Sib, once you enter the carriage, you slip into a time warp. It's like stepping into a boat that sails off into the sea, far away from reality.



Asian studies in the USSR: from boom to bust?

My interest in contemporary Asia went against the current. Most of the people who were interested in Asia believed that everything of importance happened centuries, if not millennia ago. The Asian boom was largely about classical Asian culture.



How Koreans became 'lords of the onion fields' in the USSR

Back in the 1960s and 1970s, the vast majority of ethnic Koreans in the USSR lived in Central Asia, where they had been forcibly relocated in the late 1930s.

RECENT EPAPER



주말마다 온 가족 출동, 쇼핑·레저 원스톱 해결

September 27, 2013
Joongang Ilbo

PRESS DISPLAY