

A photograph of a man and a woman sitting in a forest. The man is sitting on a log, wearing a dark green long-sleeved shirt and light blue trousers. The woman is sitting on the ground to the left, wearing a light blue jacket and a hat. The background is a dense forest with many trees and green foliage.

Health & Wellbeing

SYSTEMA
ACADEMY
— MATT HILL 

Being healthy is not an accident, it is a skill that can be cultivated.

Systema has many practices that can bring remarkable improvements to your sense of vitality and wellbeing.

This camp will show how to access and unite your bodies systems to optimise your sense of health and wellbeing:

Who can attend?

The course is suitable for men and women of all skill levels.

Systema Camp
9-12 July 2020
Wiltshire

Daily Schedule.

07:00: Systema health Session for recovery and preparation. Breathing, stretching, mobilising and healing of the body, mind and spirit.

08:30: Breakfast then morning training.

13:00: Lunch then afternoon training.

19:00: Dinner then Night Training.

22:30: Sleep.

Timings may of course vary on certain days.

None of the activities are mandatory. You may of course choose to rest during certain sessions.

A full day of training may seem like a lot. However, the unique methodology of Systema training will leave you feeling relaxed, whole and invigorated. Stresses and strains will fall away leaving you with greater levels of physical and emotional health and well-being.



Location, Food & Accommodation.

Location:

The Camp is located in beautiful, secluded, private woodland in Heytesbury, on the edge of Salisbury Plain.

There is plenty of parking available.

Food:

This year due to the Social Distancing Guidelines you will be bringing your own food. I will send you a guide list for this.

Accommodation:

Sleeping arrangements are camping. You can bring your own tent or tarp and hammock.

If you have never tried hammock and tarp this is a perfect opportunity to experience it.

A comprehensive training session is provided to help you set up.





Realistic and Fun Training for Everyone.

A range of topics will be covered by day
and night in field, forest and water:

Breath-work: for Comprehensive, diverse and
adaptable breath training for optimising your health, and
emotional state.

Physical: Systema massage, strength and
conditioning, tension and release, balance and agility,
sensory acuity

Movement: Smooth, free, effortless movement in all
terrains.

Survival: Map Reading, Shelter Building, Fire Lighting,
Knife work, outdoor cooking, Hammock, Tarp and
Sleeping set up, Kit Packing, Moving across ground,

Awareness: The outdoors is the best place to open
your senses & improve your level of awareness. Working
at night, and with sensory impairments.



Instructor: Matt Hill

Is a professional Systema Instructor with over 30 years
experience in Martial Arts. He also holds a 5th Dan in
Aikido and is an ex-Parachute Regiment Captain.



Learn New Skills:

There will be time in the schedule to learn some new skills. They are of course optional. Among others you'll learn:

Kit Packing:

Lean kit packing is a skill. Learn what is essential and non-essential for 5 days in the woods. A full kit list is provided.

Fire Lighting:

Probably the key survival skill. Feel the deep sense of satisfaction of being able to get a fire going without matches.

Navigation:

A dying art. Learn the basics of navigation by map and compass.

Tarp and Hammock:

Ever spent a night under the stars? This is the ideal time to try sleeping in a hammock or bivvi-bag under a tarp with the forest as your walls and the stars as your roof. Of course you can stick to a tent!

There will also be the chance to learn other skills such as Shelter Building, Tyrolean Traverse. Essential knots, Correct knife cutting techniques and more.

Energising & invigorating

The aim is that you leave camp feeling relaxed, restored and rejuvenated.

You will work hard, but everything is optional.

Certain optional health boosting experiences are also available to experience such as cold water dousing, outdoor bathing

Weather and Kit

The weather at this time of year in the UK is usually good - 20-25 degrees C. Night time temperature about 10-14 degrees C.

A full kit list is provided and you are never more than 10 minutes from your vehicle.

Suitable for all levels

Due to the training methodology the training is suitable for all levels, complete beginners to advanced students. Everyone learns together.

As such the camp is ideal for those who wish to experience the breadth and depth of Systema for the first time.



Social Distancing Measures

The outdoors is perhaps the perfect place to have a socially distanced Training Camp. Key measures that we will be implementing are as follows:

- We will work in groups of 6 to ensure that we are in compliance with guidelines.
- There will be separate sleeping areas for everyone and plenty of space to ensure distancing.
- Food will be prepared and cooked individually using your own camp stoves.

All of that said we will be able to come together to train, commune and connect in a gloriously beautiful environment.

Matt's camp was a great experience. Having been away from Systema for a few years it was a great chance to dust off the cobwebs and get back into it. Regardless of whether you are a seasoned veteran or a complete beginner this camp has something to offer everyone. Despite the days being long the activities were planned and organised in such a way that it wasn't overwhelming. Great time, great people, I'll be back for more.

Andy Zelaya.

I can't believe i spent 4 days outside with so much exercise, no comfy chairs and slept in a hammock; yet I'm so relaxed, refreshed and energised! I can't wait for the next one!

Andrea.

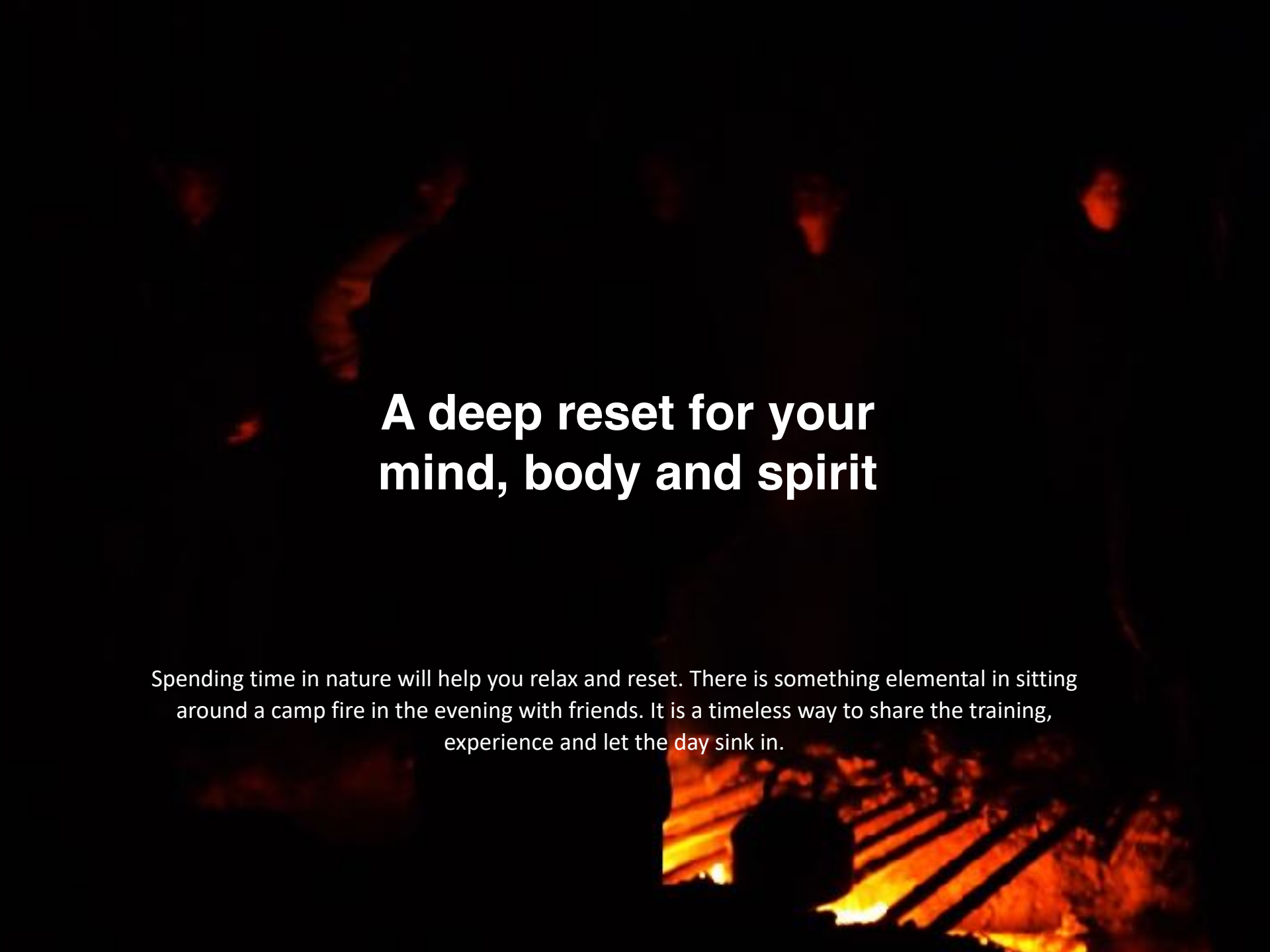
I highly recommend Matt's Systema camp and have told so many of my friends. If anyone wants to reconnect with themselves as they were at a younger age, full of energy and life, one can hardly find better place than this camp. The most difficult part for me was returning to "normality".

Max Baev.

The Systema Camp Wiltshire was an invigorating, fun-filled experience of self-discovery for me. This camp helped me to search and discover more deeply myself, my abilities and capabilities. Matt's camp has the right balance of health exercises and training drills, as well as bush craft skills and relaxing times built in. As a result I learnt lots, had loads of fun, and felt rejuvenated.

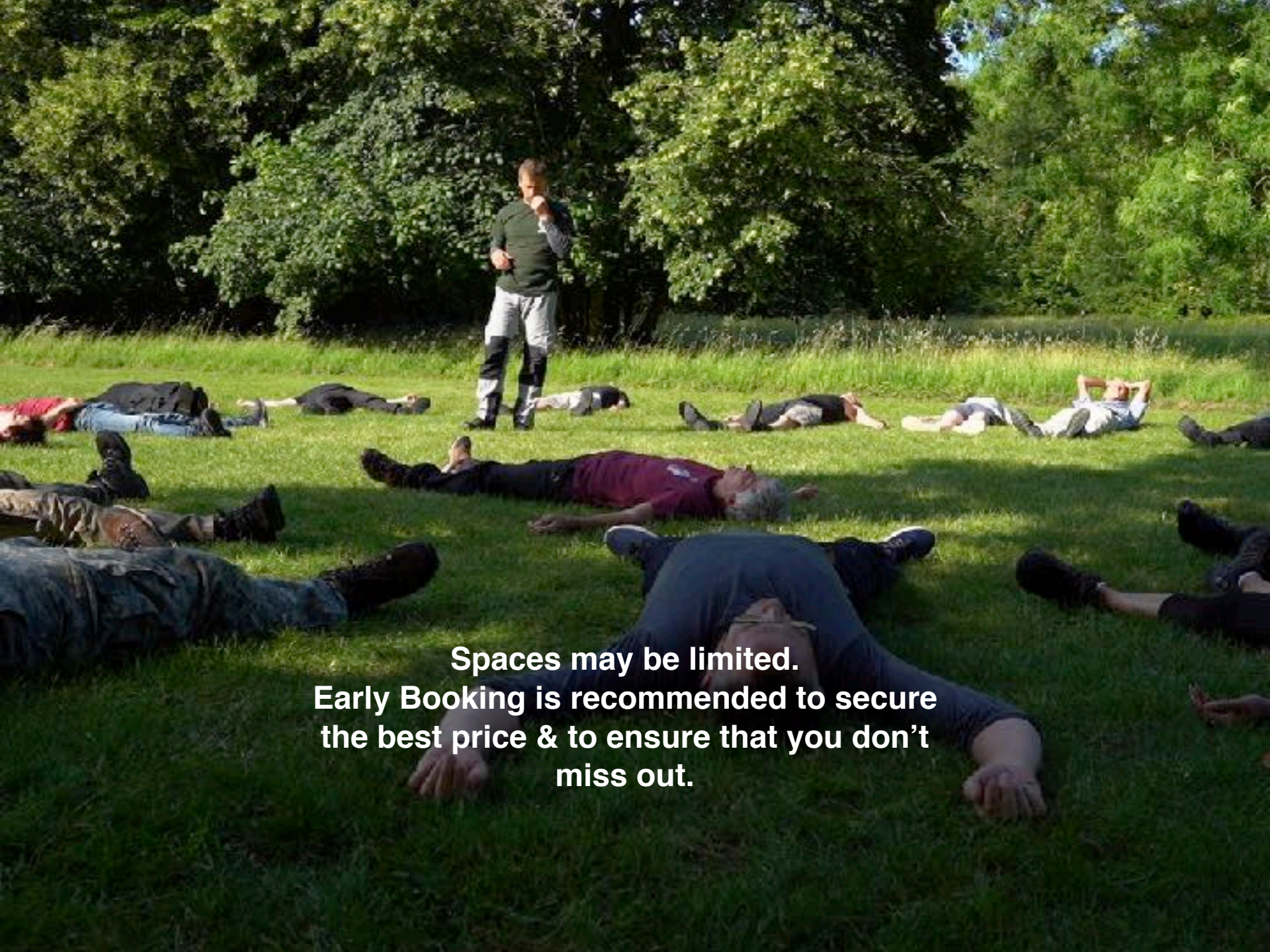
Rebecca Szetto.

SYSTEMA ACADEMY
MATT HILL 

A photograph of a campfire at night. The fire is burning brightly in the center, with logs visible. Several people are sitting around the fire, their silhouettes visible against the dark background. The scene is dimly lit, with the primary light source being the fire itself.

A deep reset for your mind, body and spirit

Spending time in nature will help you relax and reset. There is something elemental in sitting around a camp fire in the evening with friends. It is a timeless way to share the training, experience and let the day sink in.



**Spaces may be limited.
Early Booking is recommended to secure
the best price & to ensure that you don't
miss out.**



Summary and Key Information:

Dates: The camp runs for 3 days: Friday 10th July to Sunday 12th July.

Cost: The cost is £200.

Payment Options:

- **PayPal:** Click [here](#)
- **Go Cardless:** Click [here](#)
- Cash and BACS options also available. Please email matt@matthill.co.uk for information.

Places will be limited.

If you have any questions at all please do not hesitate to contact me on the details below.

My very best wishes for your health and training, I look forward to seeing you at the **Health to Combat** Camp!

Matt.

Contact:

Matt@matthill.co.uk
+44 7584 025206.

Click here to watch a 2 minute trailer
of the camp



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