



Systema Seminar, Dublin 2026

Instructor : Matt Hill

Topic : 'Knife awareness and application - calm under pressure'

Language : The seminar will be taught in English

Schedule : **Optional Extra*

Friday 25th September 2026 : Instructor lesson

18:00 - 19:30

'Short work and the knife' - this session will take place outdoors and will explore short work with a knife, bringing in aspects of environmental challenge and opportunity. If you've ever wanted to take your training out of the seminar hall, this is your chance!

(Session costs €25 and is **not** included in the seminar fee)

Main session

Saturday 26th September 2026 :

(Registration is from 10.45am)

11:00 - 17:00 training

Knife awareness and application - calm under pressure.

Open to all levels, no experience necessary, all welcome!

**We will have 2 short refreshment breaks during the day. You should bring whatever you need so we can start back promptly after breaks*

Feel free to bring your own **training knife**. We will have some available for loan or sale at the sessions should you need one.

Live blades are not permitted

Seminar location : Indoor Athletics Track (**Venue changed**)
Sport Ireland Campus
Blanchardstown
Dublin 15, D15 EPN4

(What-3-Words: bride.target.layers)

The venue has parking onsite.

**Seminar Fees :**

Seminar fees are payable by direct bank transfer (preferred) or cash on the day.

**Please note, your place on the seminar is not confirmed
until we have received your payment**

Early bird rate (pay in advance) : **€75** **Until 31st Aug*

Online booking (after 31st Aug) : **€85**

Pay on the day (cash only) : **€100**

Bank transfers should include the reference "AISGP 2026" and your own initials. Please then send us an email to confirm your booking and attach your completed waiver form (enclosed).

Bank Transfer Account details :

Account Name : **Aikido Wexford**

BIC : **BOFIE2DXXX**

IBAN : **IE09BOFI90671823724810**

Contact : Róisín: info.aisgp@gmail.com or call Chris Wallace on **+353 894 735 910**

About your instructor

Matt Hill

Matt Hill is a certified Systema HQ instructor and 5th Dan Aikido teacher with more than 30 years of martial arts experience. After extensive training in Japan, he went on to study Systema directly with both **Vladimir Vasiliev** and **Mikhail Ryabko**. His teaching brings together martial effectiveness, breath, movement, relaxation, resilience, and health in a way that is both practical and deeply transformative.

You can find out more about Matt, including his upcoming seminar hosting Vladimir Vasiliev in Wiltshire in April 2026, and his Jungle Expedition in October 2026, via his website www.matthill.co.uk or on his social media pages [@Facebook](#) [@Instagram](#)

**Who can participate :**

We welcome all people who want to learn about and/ or grow in Systema.

For this seminar, participants must be at least 18 years old.

No previous martial arts experience is necessary for the Saturday session. If you have experience in some form of martial arts training, flow based arts practices, knowledge of breathwork or movement meditations, then you will have some transferable skills and are sure to discover something new in this seminar which can enhance your other practices.

Participation in the seminar is at your own risk; the Association assumes no liability. When submitting your fee, please make sure to sign and return the disclaimer attached.

Recommended equipment :

Friday night - outdoor, all weather clothes, a training knife and a bottle of water.

Saturday - Indoor training shoes, training clothes that you can move comfortably in, a training knife if you have one, refreshments

Group diner on Saturday Evening:

Venue : <https://theblackwolf.ie/>

Let us know in your email if you're joining us for dinner.

Cancellation:

Seminar tickets are transferable to another participant and are valid only upon confirmation from AISGP admin, along with the new participant completing the waiver.

Looking forward to training with you in Dublin, Ireland!



Disclaimer

Club Waiver and Release of Liability

I. [Participant's Name], hereby acknowledge and understand the risks involved in participating in Systema Martial Arts activities at Association of Irish Systema Groups & Practitioners (herein referred to as 'AISGP') seminars & events. In consideration for being allowed to participate in these activities, I agree to the following:

a) I acknowledge that Systema martial arts training involves physical contact, intense physical exertion, and the risk of injury.

b) I certify that I am physically fit to participate in Systema Martial Arts activities and have no medical conditions that would prevent my participation.

c) I understand and assume all risks associated with Systema Martial Arts training, including but not limited to sprains, strains, fractures, and other injuries.

II. I release, waive, discharge, and covenant not to sue the AISGP, its instructors, staff, affiliates, and volunteers from any and all liability for any injury, damage, or loss that may arise from my participation in Systema martial arts activities.

III. I agree to follow all safety instructions and guidelines provided by the club and its instructors during training sessions.

IV. I agree to indemnify and hold harmless AISGP and its representatives from any claims or lawsuits arising out of my participation in Systema martial arts training.

I have read this waiver and release of liability, understand its contents, and voluntarily sign it of my own free will.

Full Name: _____

Date: _____

Signature: _____