



Polygon Elite, LLC
Survive Anywhere, Anytime, Any Place

FOR IMMEDIATE RELEASE

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**SUMMER SEMINAR TEACHING
MARTIAL ARTS AND COMBAT TACTICS**

NEW YORK - Take control of your safety this summer with a **Systema** training seminar in scenic northeast Pennsylvania. Join the Polygon Elite team July 24th and 25th to learn techniques in hand-to-hand combat, breathing and exercise, water survival, disarming an attacker and more.

This summer seminar is an all-inclusive, 2-day training regimen specializing in **Systema**, the Russian Martial Art that can be vital in life-threatening situations. The training facility is located in a fully-equipped camp grounds just south of Scranton, Pennsylvania. The training schedule will be challenging for all skill-levels, whether you are professional (law enforcement, military, etc.) or civilian with no previous martial arts experience.

Systema is the 10th Century Russian style of hand-to-hand combat designed to train your mind, body and spirit. "Systema teaches you how to be sure of yourself and how to react naturally in any situation," said Sergei Maslikhov, certified Systema instructor and owner of Polygon Elite, "Working against your fears is one of the major components to be able to work naturally, thereby having a better chance to survive."

Registration ends 7.1.10 with additional discounts for law enforcement and military. Late registrations will be accepted based on availability. For more details about this summer seminar and how to register, visit www.polygonelite.com.

Polygon Elite is operated by Sergei Maslikhov who has trained professionals in law enforcement, military, fire fighting and government contracting. Sergei follows the philosophy to create, build and strengthen your body, your psyche, your family and your country.

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