

# ATLANTIC CAMP 2025

## - Full Immersion -



ATLANTIC CAMP 2025  
«FULL IMMERSION»  
From April 4 to June 9, 2025  
In France (Landes & Basque Country),  
Slovakia (Bratislava) and Spain (Gorliz)

# WELCOME TO TRADITION

with **VLADIMIR ZAYKOVSKIY**

**NEW TRAINING FORMAT!**  
more convenient, more complete...

**152 HOURS OF PRACTICE**

**4 Seminars**  
France (Albi) - April 12 & 13  
Slovakia (Bratislava) - April 25, 26 & 27  
Spain (Gorliz) - May 31 & June 1  
France (Ossès) - June 7, 8 & 9

**6 Courses**

**8 Instructor Classes**

Contact us to get all the infos!

**General:** barru64@ikmail.com  
06 03 50 56 49 - Hervé

**Albi:** contact@tradition-martiale.fr  
06 24 76 88 00 - Agnès

**Bratislava:** seminar@zajkovsky.sk  
00 421 948 880 818 - Pavol

## *LANDES (40) and Bask Country (64)*

## Welcome to Tradition

## With VLADIMIR ZAYKOVSKIYV

Vladimir Zaykovskiy returns to France from early April to early June 2025 for the 2nd edition of ATLANTIC CAMP: "Full Immersion", similar to last year but with notable improvements to enhance this unique event.

The camp structure remains essentially the same, combining seminars, workshops, and classes. Wednesday "instructor courses" will focus on specially chosen themes for practitioners interested in sharing and pedagogy. The main evolution for 2025 concerns the workshops, which will run Friday through Monday. They will be built around a single theme to allow participants to work in-depth on specific aspects of the tradition proposed by Vladimir. There will be 6 weekends in this format, as intense as a seminar. As for seminars, there will be four: for the first time in Albi (Tarn), then a classic in Bratislava (Slovakia), followed by Gorliz in Spanish Basque Country, and finally returning to the French Basque Country in Ossès for a beautiful conclusion.

## About Vladimir Zaykovskiy:

Vladimir Zaykovskiy practiced Systema for 25 years, including 15 as chief instructor at Moscow Systema HQ (teaching 7 classes per week). During his practice, he was the personal student of Mikhail Ryabko, the founder of Systema. He is a pure example of his teaching, as he never practiced other martial arts.

He led numerous seminars worldwide.

In 2022, he left all Systema organizations. Today, he shares his precious knowledge and mastery by teaching in various martial arts schools and with longtime friends in Europe and Asia.

**He welcomes everyone, with no martial or athletic prerequisites.**

## Detailed Program

### *-The Seminars-*

#### **Seminar 1**

**2 days - Albi (81) – April 12 and 13 (+ 2-hour class on evening of 11th)**

**Powerful Freedom:** What does it mean to be free? Physically... Internally... Spiritually... How is everything connected ? How to practice, live and grow with it? How to be sure ? How to make it my life ? What are my reasons, my enemies, and my fight ? And what makes this tradition a martial art ?

- Pre-registration required ([contact@tradition-martiale.fr](mailto:contact@tradition-martiale.fr))

#### **Seminar 2**

**3 days - Bratislava Slovakia - April 25, 26 and 27**

**State Control:** State: a notorious concept in martial arts with an unclear definition and hazy origins. We offer practical entry-level courses on everything you need to know and be able to do about State. What is State and what layers is it composed of ? What is a "good" and "balanced" state and how to train and protect it in a wide variety of martial arts practices.

- Pre-registration required ([pavol.palka@gmail.com](mailto:pavol.palka@gmail.com))

#### **Seminar 3**

**2 days – Gornal Spain – May 31 and June 1**

**Perfect Body Form:** The body as a weapon. Strength and resilience. Separate use of body systems to improve physical efficiency. What is dynamic body form and how to train it? High-level practical course in bodywork and effortless power.

- Pre-registration required ([barru64@ikmail.com](mailto:barru64@ikmail.com))

## **Seminar 4**

### **Closing Event 3 days – Ossès – June 7, 8 and 9 (+ 2-hour class on evening of 6th)**

**Practice of Life:** Closing event of Atlantic Camp 2025 that warps all subjects we covered this time. Gyms are meant for knowledge, but true practice is only possible outside, where we live our life. Essential seminar that will help you responsibly adapt your own way of practicing. How to set training goals ? How to see your progress? What traps to avoid and what to do if you don't succeed? How to see the external, internal and spiritual as a whole? And why everything? The entirety of tradition in its perfect simplicity.

◦ Pre-registration required ([barru64@ikmail.com](mailto:barru64@ikmail.com))

### ***-The Workshops-***

A workshop consists of two hours of class on Friday evening, 4 hours Saturday and Sunday morning, and finally two hours on Monday. They will take place around Capbreton, exact locations will be communicated later.

*Payment on site – Register (or at least notify us) before the workshop.*

### **Workshop 1: April 4, 5, 6 and 7**

**With a Rhythm of My Heart:** Learning to know yourself as a human begins with realizing that you are more like a process than an object... a system of systems whose continuous interaction forms everything in what we call our life. This course offers complete practical immersion in the most important movement of your life, which is at the origin of all other movements: your heartbeat.

### **Workshop 2: April 18, 19, 20 and 21**

**Ultimate Sensitivity and Awareness:** Do I FEEL it? Or do I just KNOW it ? Or BOTH ?! The most important questions to answer when it comes to building confidence in stressful and aggressive situations. Twelve hours of practice to master and calibrate your sensitivity and teach your mind not to affect the clarity of your senses. Introduction to free-flow martial arts work as a tool to develop ultimate awareness.

### **Workshop 3: May 2, 3, 4 and 5**

**Fundamentals of Clean Movement :** The most mysterious subject of all traditional martial arts, clean movement, is not difficult to approach if certain things are clarified first. Difference between movement and body movement. How movement is born and how the body follows it? Movement as language. What makes it clean and dirty? Practical course for every martial artist and performer.

### **Workshop 4: May 9, 10, 11 and 12**

**Traditional and Improvised Weapons for Learning and Defense :** Everything you decide to use as a weapon doesn't become your weapon. Carrying a weapon doesn't necessarily mean being armed or being safe. If a weapon is "stronger" than you, it will never serve you properly. What is the power of a weapon? And what finally is the difference between a weapon and a non-weapon? Introductory course to armed defense and use of training weapons to improve your martial arts skills.

## **Workshop 5: May 16, 17, 18 and 19**

**Fifteen Years Younger** : It's not just mastery that comes with age and practice. Combat sports are absolutely harmful to health and even proper traditional martial arts training is often associated with stress, trauma, and health issues. Tradition is not something that is practiced "for health," but these fundamental concepts and approaches allow you to maintain your physical and mental condition well above your current level. Twelve-hour course on a healthy approach to your health.

## **Workshop 6: May 23, 24, 25 and 26**

**Combat and Free Flow** : Despite the fact that any martial artist can benefit from tradition, it has little to do with personal competition and sport fighting. As a martial art for "normal life" that can occasionally become abnormal, we offer training that will enable you to withstand the real challenges of your daily existence and face circumstances whose origin is beyond your control. Introductory course of free practice that helps to be strong, be real and be free.

### ***-Instructor Courses-***

***on Wednesday in Bayonne from 7:00 PM to 9:00 PM***

*Payment on site – Register (or at least notify us) before the course*

**Wednesday April 9 : Teaching vs Sharing vs Sculpturing**

**Wednesday April 16 : External, Internal and Spiritual Safety**

**Wednesday April 30 : What is "Knowing Yourself"?**

**Wednesday May 7 : Knowledge - Practice - Adaptation**

**Wednesday May 14 : Resilience and Advanced Body Practices**

**Wednesday May 21 : Internal Fundamentals and Concepts**

**Wednesday May 28 : Spirit and Instructor Disease**

**Wednesday June 4 : Building Effective Learning Environment**

**Essential Information:** Being a good partner is already a state conducive to learning and comes close to the act of teaching. Therefore, we all have the power to share our acquired knowledge in practice. This is why instructor courses are open to all those interested in pedagogy and who are committed to getting the best from their instructor's teaching.

An additional course may be added upon request by camp participants. It will be on Tuesday evening in Biarritz but without Vladimir's presence. This less formal class will allow beginners to benefit from catch-up classes and more regular practitioners to have an additional course to perfect their skills. The course will be led by Barru members.

# Atlantic Camp 2025 Pricing

Gorliz /Albi		Ossès			Instructor course	1- 2 workshop 1 workshop=12h	3-4 Workshop	5+ Workshop
1 day	2 days	1 day	2 days	3 days	2 hours	The workshop	The workshop	The workshop
100€	200€	100€	200€	300€	30€	200€	160€	130€

Special case: Single Monday or Friday training is 60€, yes it makes no sense... Taking this course outside its workshop format really makes no sense but for those who have money but not much time, you are welcome ☺.

The 2-hour course before Albi and Ossès seminars remains at 20€.

For your registration in Gorliz and Ossès seminars, please send to our email [barru64@ikmail.com](mailto:barru64@ikmail.com) the following information:

- **First and last name**
- **Phone number**
- **Email**
- **City of residence**
- **Your participation dates (those you are sure of)**
- **Payment method for deposit – only for seminars!**
- **Please specify if you are already in the "Atlantic camp 2025" WhatsApp group.**
- **A 50€ deposit will confirm your final registration for seminars.**
- **For workshops and courses, please notify us of your attendance at least 3 days in advance.**

We prefer bank transfers for convenience. Checks should be made payable to 'BARRU64' and sent to: 6 rue MENDIXKA 64990 Saint Pierre d'Irube

## **Crédit Mutuel** RELEVÉ D'IDENTITÉ BANCAIRE

Identifiant national de compte bancaire - RIB

Banque	Guichet	N° compte	Clé	Devise
<b>10278</b>	<b>02282</b>	<b>00020556001</b>	<b>17</b>	<b>EUR</b>

Identifiant international de compte bancaire

IBAN (International Bank Account Number)						
<b>FR76</b>	<b>1027</b>	<b>8022</b>	<b>8200</b>	<b>0205</b>	<b>5600</b>	<b>117</b>

**Domiciliation**

CCM D ANGLET CINQ CANTONS  
4 PLACE DU GENERAL LECLERC  
64600 ANGLET

Domiciliation  
**CCM D ANGLET CINQ CANTONS**

BIC (Bank Identifier Code)  
**CMCIFR2A**

**Titulaire du compte (Account Owner)**

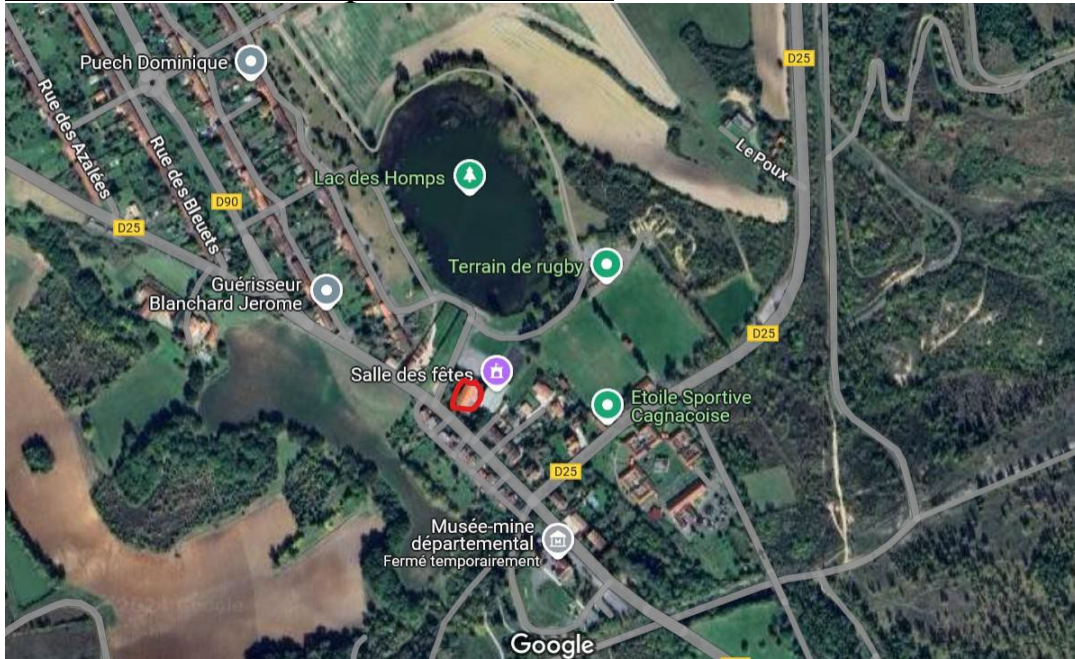
BARRU 64  
6 RUE MENDIXKA  
64990 ST PIERRE D IRUBE



## Event Locations and Addresses

**Accommodation:** For weekend workshops and Wednesday courses, we recommend finding accommodation within 10 km of Capbreton. The Wednesday instructor course will be in Bayonne. For those without vehicles, bus lines and/or carpooling are possible. Contact the WhatsApp group to arrange with other participants. If you have accommodation or transportation difficulties, don't hesitate to ask for information and help.

- Albi Seminar – April 12 and 13



**Address: All. des Roseaux, 81130 Cagnac-les-Mines**

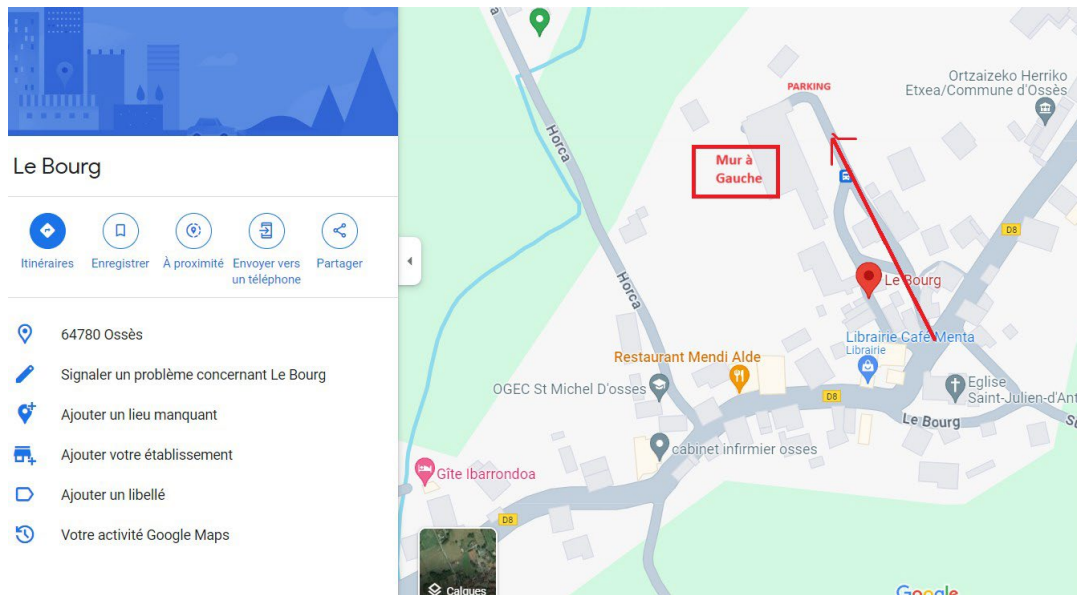
- Gorliz Seminar - May 31 and June 1



**Address: Ureazarantza Ibiltoki Errepidea, 8, 48630 Gorliz, Bizkaia, Spain**

Camping available near the dojo and numerous rental options in Gorliz. Note: Parking will be free on May 31 and paid from June 1.

- Closing Seminar - June 7 to 9



**Address :Left wall, le bourg, 64780 Ossès**

Ossès is served by the SNCF train station of Saint-Martin d'Arrossa.

Numerous accommodations available in the village and surroundings.

## CONTACTS

- Website: <https://barru64.fr/>
- Email : barru64@ikmail.com
- Phone : Hervé 06 03 50 56 49/ Vincent 06 16 63 35 79

The WhatsApp group is named:

- **Atlantic Camp 2025 –**

It allows us to communicate important information and also enables contact for sharing accommodations and carpooling, but please do this privately once contact is made.

- You will be automatically added to the WhatsApp group with your mobile number, and free to leave if you don't wish to participate