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Filing date: **02/09/2007**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91174366
Party	Defendant Vasiliev, Valerie Vasiliev, Valerie 137 Birch Ave Richmond Hill, Ontario, CA L4C6C5
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Submission	Other Motions/Papers
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Signature	/Valerie Vasiliev/
Date	02/09/2007
Attachments	SYSTEMA Application Response.pdf ( 8 pages )(906328 bytes )

This is in regards to application number 78813830 opposition 91174366.

SYSTEMA is not a generic term for a particular type of martial art. The word SYSTEMA is not similar in its meaning and effect to “karate” or “tae kwon do” rather specific to this particular form of martial art. The words “karate” or “tae kwon do” are not affiliated with any specific martial artist while the word SYSTEMA means “the martial art presented by Vladimir Vasiliev and his teacher in Moscow, Mikhail Ryabko.”

As proof, attached please find the approval of the Canadian trademark for the word SYSTEMA.

SYSTEMA trademark has also been approved and registered in Germany and Switzerland.

The grounds for opposition seem to be inaccurate:

1. The Opposer’s primary instructor, John Giduck, only met with Vladimir Vasiliev in September 1997 at the Soldier of Fortune convention in Las Vegas and received a certificate of SYSTEMA instructor shortly afterwards.
2. Included is an article from Black Belt magazine February 2007 issue. Black Belt is the biggest and most popular martial art magazine in North America. The Black Belt article clearly illustrates how the word SYSTEMA describes the martial art style taught by its founder outside of Russia Vladimir Vasiliev.
3. Opposer’s primary instructor, John Giduck’s SYSTEMA instructor certificate, issued by Vladimir Vasiliev, is no longer valid as all SYSTEMA affiliates were notified that all certificates issued before 2003 are no longer valid.
4. Applicant is Canadian citizen but most of the Applicant’s customers, distributors, and affiliate schools are based and located in the United States of America.
5. The purpose of establishing this trademark is to protect our affiliate schools in the United States of America and to prevent the inappropriate or misleading use of this word.
6. SYSTEMA is not a generic term for a particular type of martial art.



Office de la propriété  
intellectuelle  
du Canada

Un organisme  
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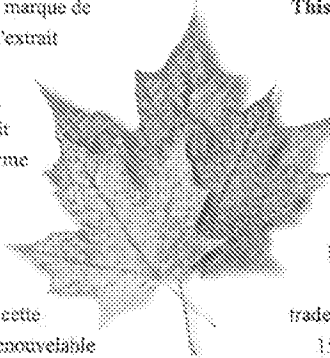
Canadian  
Intellectual Property  
Office

An Agency of  
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*Marques de commerce*  
*Certificat d'enregistrement*

La présente atteste que la marque de commerce identifiée dans l'extrait ci-joint, tiré du registre des marques de commerce, a été enregistrée et que ledit extrait est une copie conforme de l'inscription de son enregistrement.

Conformément aux dispositions de la Loi sur les marques de commerce, cette marque de commerce est renouvelable tous les quinze ans à compter de la date d'enregistrement.



*Trade-marks*  
*Certificate of Registration*

This is to certify that the trade-mark, identified in the attached extract from the register of trade-marks, has been registered and that the said extract is a true copy of the record of its registration.

In accordance with the provisions of the Trade-marks Act, this trade-mark is subject to renewal every 15 years from the registration date.

**Systema**

Numéro d'enregistrement  
Registration Number

TMA678,222

Numéro de dossier  
File Number

1282580

Registraire des marques de commerce  
Registrar of Trade-marks  
L'INDUSTRIE CANADIENNE

Date d'enregistrement  
Registration Date

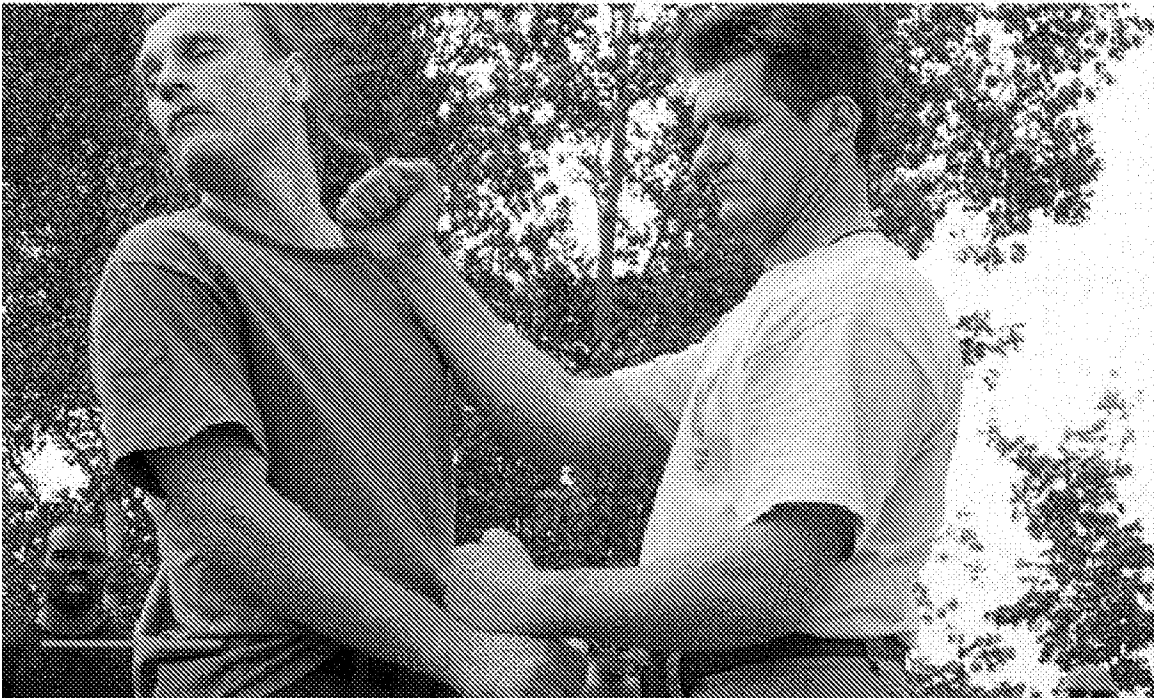
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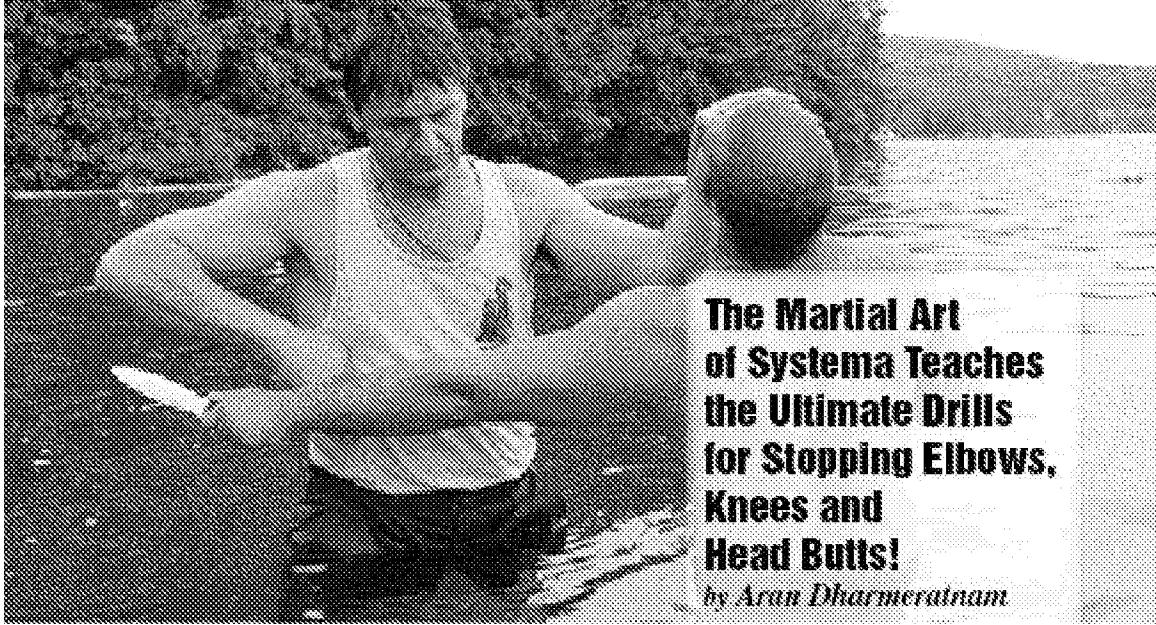
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# RUSSIAN COMBAT

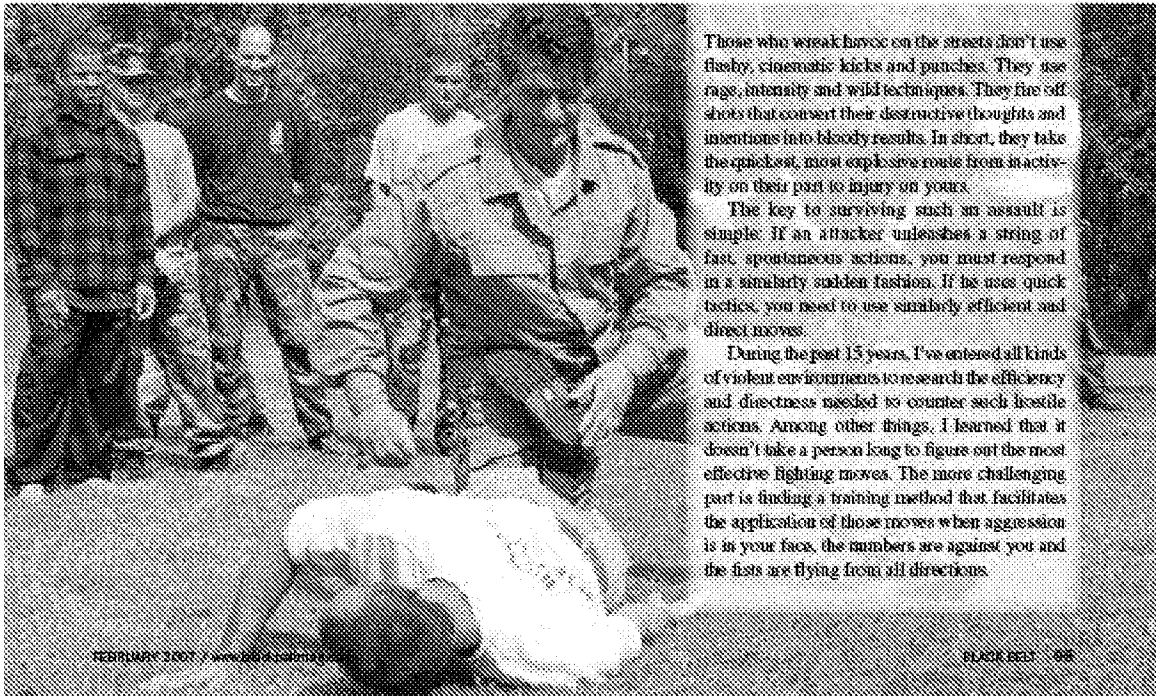




## The Martial Art of Systema Teaches the Ultimate Drills for Stopping Elbows, Knees and Head Butts!

by Aran Dharmaratnam

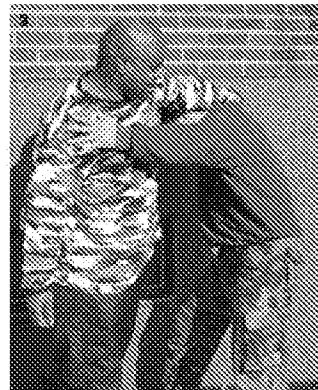
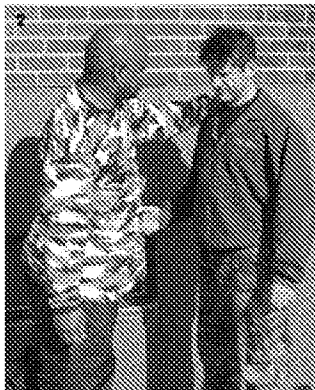
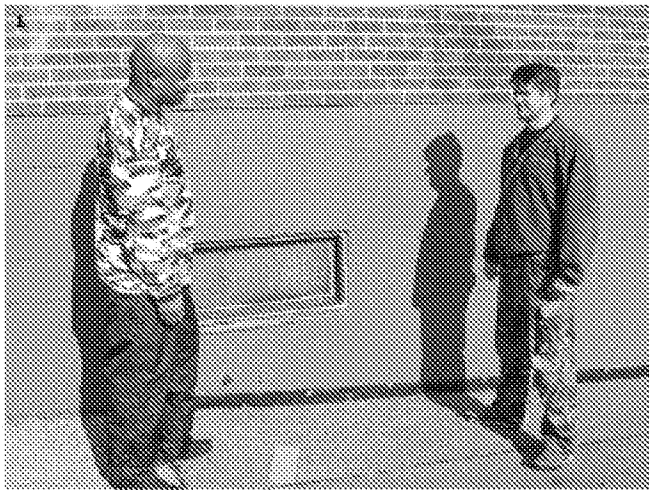
# TRAINING



Those who wreak havoc on the streets don't use flashy, cinematic kicks and punches. They use rage, intensity and wild techniques. They fire off shots that convert their destructive thoughts and intentions into bloody results. In short, they take the quickest, most explosive route from inactivity on their part to injury on yours.

The key to surviving such an assault is simple: If an attacker unleashes a string of fast, spontaneous actions, you must respond in a similarly sudden fashion. If he uses quick tactics, you need to use similarly efficient and direct moves.

During the past 15 years, I've entered all kinds of violent environments to research the efficiency and directness needed to counter such hostile actions. Among other things, I learned that it doesn't take a person long to figure out the most effective fighting moves. The more challenging part is finding a training method that facilitates the application of those moves when aggression is in your face, the numbers are against you and the fists are flying from all directions.



**WALKING-ATTACK DRILL:** Vladimir Vasiliev (right) and his opponent begin walking toward each other (1). The partner attempts a grab (2), and Vasiliev reacts—in this case, by ducking under the arm (3), forcing the man's head backward (4) and twisting it (5).

For more and more people, that search for the right training method is ending with the Russian martial art of *systema*.

### The Three Threats

A hostile encounter can take place only after the attacker has closed the gap. From there, he can intimidate you, as well as strike out with short, quick techniques that do a lot of damage. Before we take a look at the *systema* drills designed to deal with those techniques, let's examine the way they're employed.

On the street, the elbow is used to:

- strike the face, often breaking the nose and cutting the skin,
- impact the spine of an opponent who has shot in for a takedown,
- smash an opponent after he's been mounted,
- slash diagonally while the attacker's other hand controls his opponent's head, and
- strike to the rear while trying to break free of a restraint hold.

Knee attacks are another weapon frequently seen on the street. They're used to:

- punish a person who lowers his head, perhaps while trying for a double-leg takedown,
- attack a standing opponent's face by pulling his head downward, and
- slam into a standing opponent's midsection or groin.

The head butt is particularly popular among barroom brawlers. It's delivered with the hard part of the skull, and the suddenness with which it can be launched in the middle of a heated argument takes most victims by surprise. It's used to:

- damage the face, impair vision and obstruct breathing,
- exploit the shock factor, and
- hurt an opponent who's been grabbed and immobilized.

The following progression of seven drills has been gleaned from my training with a number of *systema* instructors, including Toronto-based Vladimir Vasiliev and Moscow-based Mikhail Ryabko. It will develop your ability to neutralize elbows, knees and head butts in real situations.



**SPONTANEOUS-STRIKE DRILL:** Vladimir Vasiliev (left) faces his foe at speaking range, and the man launches a random controlled attack (1). The Russian martial arts expert evades the slow-motion blow by moving only the targeted part of his body (2). To make the drill more comprehensive, Vasiliev continues his response and effects a counterattack (3-4).

effect a defense during the shock phase of an attack, Vasiliev and other systems instructors created this drill for learning how to cope with the unexpected.

Stand facing your partner at normal speaking range or a little closer. Without announcing the attack, your foe executes a controlled strike. Respond by flowing with the strike with no attempt to counterattack. Your goal is to simply move out of harm's way. The key to doing that efficiently is moving only the part of your body he targets.

**Safety note:** Make sure your partner works in slow motion. That may seem unrealistic, but it ensures that no serious damage will occur if you fail to move properly. Furthermore, the slow movements help you see how the technique develops in his body—from an intention to a movement to an attack. Perhaps it will start with an explosive shoulder or waist movement, or maybe with a glimmer in his eye or a muscle twitch. Once you've mastered the slow-motion drill, you can work on more rapid responses.

### Mirror-the-Footwork Drill

Start by facing your partner. He steps in any direction—forward, backward or sideways—and you must maintain your orientation in front of him. Do that by moving in such a way that you keep a set distance between your body and his. If he steps forward two paces, you move backward two paces, and so on.

When performed at a reasonable pace, this drill helps you develop natural footwork and a sense of your opponent's movement. You also learn distancing, which helps you maintain control if he attempts to use close-range strikes. Fringe benefit: It serves as a great warm-up drill.

### Walking-Attack Drill

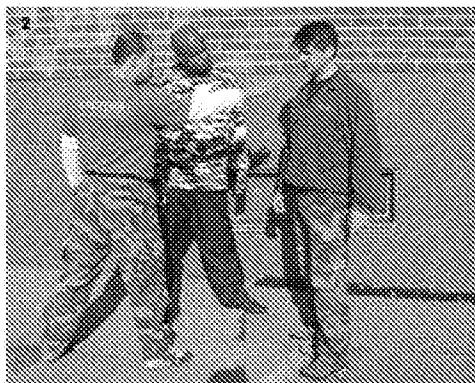
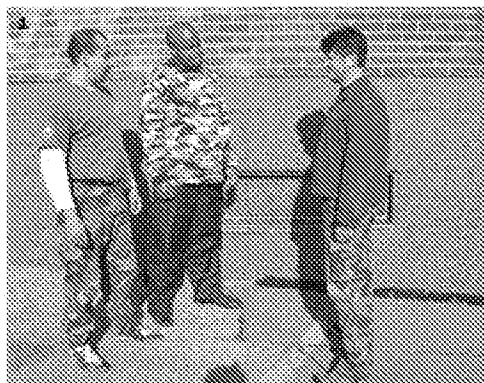
One of the things Russian troops learned during the Afghan conflict is

that an enemy can launch attacks with unexpected suddenness—even as he's walking past you. In a volatile environment, he might pull out a knife or gun as soon as he gets beside you. On the street, he might walk past you with a smile, then grab you as soon as he's beyond your peripheral vision.

For the walking-attack drill, you and your partner begin at a distance, then walk toward each other. Without warning, he tries to grab you, and you must take evasive action. The more you practice, the better you'll become at sensing his intention to seize and thereby avoiding his hands. Before you get to that level, strive to slip out of his grip before he can secure it and effect a strike.

### Spontaneous-Strike Drill

Because martial artists often fail to



**TWO-ON-ONE DRILL:** Vladimir Vasiliev is confronted by two opponents (1). When one of them attacks (2), the martial artist evades while ensuring that he doesn't place himself within reach of the other opponent (3). To demonstrate one of numerous counteractions, Vasiliev blasts a kick into the second man's groin (4), then smashes their heads together (5) and pushes them to the ground (6).



### Two-on-One Drill

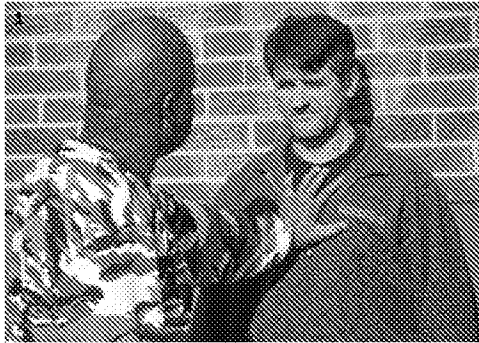
This exercise is actually the second stage of the spontaneous-strike drill; it's more challenging because you must work with two people. One partner faces you and the other stands to his side, and you

don't know which one will initiate the grab. As soon as one of them does, you must evade or escape. Alternatively, you can move in the direction of the opponent's force, but then you must position yourself so that you're not vulnerable to the other

assailant's strike. A common solution to this problem involves positioning one attacker between yourself and the other one.

### Against-the-Wall Drill

This next drill forces you to evade a



**AGAINSTTHEWALL DRILL:** Vladimir Vasiliev stands with his back against a wall (1). His partner executes a controlled strike, and Vasiliev evades it (2). The Russian martial arts teacher spins the man (3) and seizes his head and arm (4). He finishes the drill with a wrist lock and face attack (5).

### Jacket Drill

The partner grabs your jacket or uniform. Your task is to free yourself using body movement before he can follow up with a strike. The second stage of the drill starts with his grab but requires you to counter as he tries to follow up with a knee thrust. The intention is to accustom you to dealing with strikes while an assailant pulls you about.

### Fist-Placement Drill

Once again, your partner must move slowly. His goal is to execute an elbow strike in a controlled fashion, and your objective is to place your fist against his body. You must find the optimum place

to put your fist to disrupt his balance or otherwise stop him from delivering the blow. Focus on proper mechanics so you learn how to align your bones to prevent injury to yourself.

The fist-placement drill looks easy, but like many of systema's foundational exercises, it works on many levels. It's key to learning how to strike correctly and efficiently, and it's one of the primary messages Vasiliev and his peers are trying to spread.

strike while you're against a wall. You can use any of the aforementioned drills as a base as long as the action positions you in a confined area. Instead of focusing on the reduced freedom of movement, concentrate on making your offensive and defensive techniques snaller.

**“The intention is to accustom you to dealing with strikes while an assailant pulls you about.”**

*About the author: Aron Dharmaratnam is a United Kingdom-based self-defense instructor with a degree in law and criminology. Vladimir Vasiliev is a Toronto-based systema master. For more information, visit [www.blackbeltmag.com](http://www.blackbeltmag.com) and click on Community, then Black Belt Authors.*