

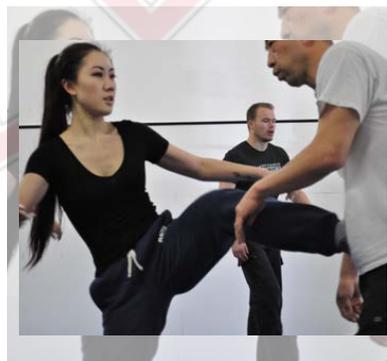
# FIGHTCLUB MARTIAL ARTS & FITNESS TRAINING CENTRE INC.



PRACTICAL APPLICATION  
FUN ENVIRONMENT  
UNIQUE TRAINING  
COMPLETE FITNESS & HEALTH

fight-club.ca  
416-200-0200

401 Donlands Ave.  
Toronto, Ontario  
M4J 3S2



# ABOUT FIGHTCLUB

FightClub is a place of awakening, not a hall of competition. The four walls that surround its training space are used to cultivate abilities and nurture skills that we can use in today's society. Our approach to learning and self defense is both dynamic and refreshing.

Classes teach the importance of protecting yourself and loved ones. The school is structured to provide life-long self defense skills and teach the value of staying safe. Our approach educates and gives you knowledge that is practical in your everyday life, going beyond the principles of traditions and techniques in Systema [Russian Martial Arts].

Stuck in an elevator with someone going berserk – no problem. Minding your own business in a crowded bar when a couple of hooligans jump you – no problem.

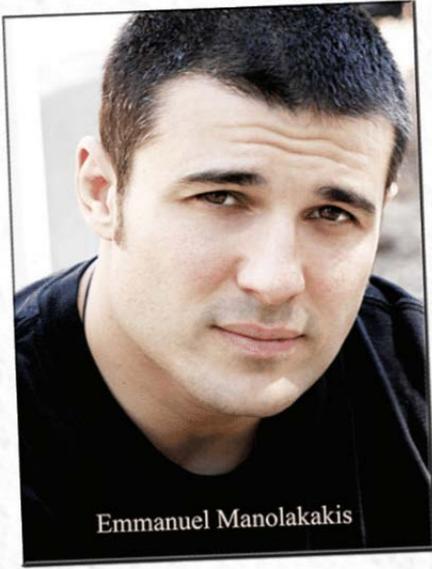
We don't train for competition. There is no belt system. We don't rehearse choreographed dances that could some how save your neck in a sticky situation. The drills we utilize are tried, true and tested. The technique is modern and applicable to every scenario possible.

Top reasons to train at FightClub:

1. Exciting training environment.
2. To learn how to protecting yourself & family.
3. To connect with your strengths and fears.
4. To learn a really cool martial art system (Systema).
5. Community involvement and commitment.

At FightClub you develop the skill set necessary to protect yourself, friends, and loved ones. At the end of the day that's what it's all about.

# ABOUT THE INSTRUCTOR



Born and raised in Toronto, Canada, Emmanuel has over 30 years of experience in a variety of martial arts, including Karate, Olympic freestyle Wrestling and Western Boxing. Emmanuel has spent the last twenty three years focusing on Systema [A.K.A Russian Martial Art], under the tutelage of Vladimir Vasiliev and Mikhail Ryabko.

His strong coaching, motivating and teaching track record dates back to 1988. Emmanuel has earned several coaching certificates, letters of appreciation and awards for his proven leadership skills.

Complimenting his martial arts studies and leadership abilities is an academic history filled with certificates, corporate diplomas and a Bachelor of Arts degree from York University in Toronto.

"I met Emmanuel at a seminar my brothers and I attended in Roanoke, VA. Manny is equal amounts Power and Humility along with a gift for teaching. After this weekend I felt like I became a sponge and my relationship with Systema has been growing faster and faster since. If you ever get the honor to train with this man know that you are in the hands of a true master of the art"

*Chris Stout*

"As a person and as an instructor he [Emmanuel] is TOP NOTCH and I recommend that anyone who has the chance to visit his school or one of his seminars goes. It will definitely be a life changing experience."

*David Strachan, US Navy Special Boat Team  
20 Training Dept LCPO*

# ABOUT THE **YOUTH PROGRAM**

FIGHTCLUB Helps Create Healthier, Safer, More Respectful and Confident Children.

Dear Fellow Parents,

At FIGHTCLUB, we don't just focus on punching and kicking, more importantly, we focus on your child's mental growth.

## The FIGHTCLUB Curriculum

Our youth classes teach the importance of self-discipline and self-control.

Class structure provides life-long self-defense skills and teaches the value of staying healthy and staying in shape. Our approach is to educate your children to gain knowledge that is practical and usable in their everyday life going beyond the principles of traditions and techniques in the martial arts.

We teach how to punch and kick, but we don't stop there – our classes contain lessons in manners, anger management, non-violent conflict resolution, goal setting, self-improvement and team building.

We train side-by-side, all ages and abilities, to support and learn from each other. This provides an opportunity for children to take a leadership role and teach other children the skills they have learned and also to be a good example in and out of the FIGHTCLUB school.

This is one of the few sports that allow for boys and girls to train together. This gives brothers and sisters an opportunity to practice together and learn from one another as well. Many team sports are seasonal; FIGHTCLUB is a year-round affair. Having this consistency helps build upon discipline, and allows children to progress very quickly.

At FIGHTCLUB we make a point of nurturing your child's self-esteem and confidence.

Though we try to challenge the kids, we make sure the drills and techniques are easy enough to do.

To sum things up, "we focus on character development."

# ABOUT THE ARCHERY PROGRAM

FC Archery is dedicated to the practice and study of the “Art of Archery”. Classes teach the importance of proper form, technique, coordination between mind and body, calmness, precision, responsibility, focus, and most of all safety.

Archery is a sport for all. Our approach educates and gives you knowledge that will help you to become an active archer. The FC archery range is located indoors for year-round training and equipment is provided.

FC Archery is perfect for those new to the sport. We teach a comprehensive overview that includes:

- Bows
- Accessories
- Shooting Recurve
- Shooting Compound
- Alignment, Anchor point & releases
- Taking Aim
- Scoring
- Equipment Maintenance & Repair
- Breathing
- Muscle Control

To use the FC Toronto archery range you need to successfully complete 2 Introductory Sessions, complete FightClub Range Safety Course and testing.

# TESTIMONIALS

Dear Emmanuel,

Thank you for ANOTHER great seminar at Eric's! We learned so much from you again this year. We really like the progression from last year to this year and now we can't wait for next year's seminar!

Bev and I will now start going through the whole weekend's seminar by watching all the video clips we shot and make notes to train from. Between using the seminar videos, the training notes, and working with Eric, this is going to be an AWESOME year of training!

Thanks so much for sharing your knowledge, and just as importantly, HOW you share that knowledge. You make everyone you work with feel special, like you are trying to bring out the best in them. You are a gifted teacher and we are blessed to know you.

God Bless,

*Jack & Bev Gustafson*

Hi Emmanuel,

I am taking this opportunity to thank you on behalf of our team for the very caring and informative session on Saturday. It is hoped that the boys will remember your teaching for a very long time. Your team building was excellent and it reminded me very much of a team building session I had many years ago, which was hosted by Imperial Oil. If I wasn't almost 73, I would love to learn under your teaching. It would have helped me in my hockey playing and coaching, not to mention my mental attitude. Again we thank you very much.

*Coach Bob Belbin  
East York Bulldogs AAA Baseball Team 2017*

“As a person and as an instructor he [Emmanuel] is TOP NOTCH and I recommend that anyone who has the chance to visit his school or one of his seminars goes. It will definitely be a life changing experience.”

*David Strachan  
US Navy Special Boat Team 20 Training Dept LCPO*

“Without doubt, the fight skills that you are able to equip your students with are both incomparable, effective and a real world practical line of self defense”

*Joseph Gulesserian, MBA*

“I’ve never stabbed anyone before. But feeling the heft of a Russian bayonet in my hand, I think maybe this will be my first time. After all, the small, sturdy guy keeps taunting me. “Just try to stab me,” he says. I’m the one holding the razor-sharp knife. So I lunge. But he grabs my wrist, bends it backward and painfully redirects the knife back toward my gut. I’ve lost the fight, but learned a lesson at East York Fight Club, a different type of martial-arts gym, where there are no white uniforms, no black belts, no kanku katas, or tournament trophies. Just fighting. Lots of it.”

*Rob Shaw, Reporter – TORONTO GLOBE and MAIL*



# HAPPY 10TH ANNIVERSARY TO THE **FIGHTCLUB** COMMUNITY!

Greetings to All,

I am both privileged and honoured to express my recognition, appreciation and gratitude on the occasion of the Tenth Anniversary of FightClub.ca's celebration founded and directed by Systema Head Instructor Emmanuel Manolakakis.

I first met him by the great good fortune of listening to his impressive interview on University of Toronto's radio station, CIUT.fm, with his radiant daughter at his side. Although I was parked to attend a meeting where I was already late, I could not stop soaking up his calm approach, his relaxed analysis of random violence, his caring attitude toward his students, and his clarity in his mission to fortify self-confidence through teaching and mentoring. Since I had just designed a new special-topics course for graduating Kinesiology students at York University's Faculty of Health as a cross-cultural survey on martial arts and combat training entitled "Body as Weapon," I realized that Emmanuel would be the perfect guest presenter and so he has been for these many years. How much so can only be fully known by his students at FightClub, but he certainly impacts every person who meets him—this I know!

When Emmanuel Manolakakis enters the room, the electricity of his charisma illuminates everyone with a sense of his presence and the gift of his energy. He is an alumnus of the Kinesiology program at York, besides having wrestled there, played rugby and football. Year after year while nurturing FightClub, he generously agreed to come into every class and introduced more than 1000 graduating Kinesiology students to the wonderful and terrible beauty of Systema.

He showed it to be a supreme method of self-protection, functioning just like the immune system of the body to save us from harm in either assault or man-made disaster or natural catastrophe. He instructed future leaders of our society in self-defense techniques, smooth moves of avoidance and evasion, fighting spirit and warrior-mindset always under relaxed control.

Besides students in “Body as Weapon,” he volunteered to teach self-defence workshops for those on our campus, portrayed in the media as a dangerous location: he not only inspired hundreds of York students but also offered special sessions for the Kinesiology mostly-female staff.

Thus he empowered all at York and everyone here with his encouraging instruction in effective awareness, relaxed presence, conscious breathing, practical confidence and calmly devastating techniques. He inspires everyone to go beyond their comfort zones yet still enjoy exploring their bodies as sacred. Finally, in becoming friends with him over the years of the growth of FightClub and his dedication to uplifting York students, I have received the indelible gift of his noble character and his compassionate nature. His mastery of Systema has been his thorough examination of violence and his refusal to believe it solves any problem, so he teaches awareness as the most humane of solutions. Though he embodies the “do or die” ethos of ancient Sparta, he is foremost among the peacemakers on earth in our century at a time when we need him to be an exemplar of such love knowing that 10 years of FightClub prove it.

**Dr. Greg Malszecki**  
**Senior Scholar, Kinesiology & Health Science**



# PRESS RELEASE

For Immediate Release - October 4, 2011

Contact: Emmanuel Manolakakis  
FIGHTCLUB - Martial Arts and Fitness Training Centre

## East York's FIGHTCLUB helping the MS Society

FIGHTCLUB - Martial Arts and Fitness Training Centre, located at 401 Donlands Avenue, is hosting a health and fitness workshop on Sunday October 16th from 10am to 2pm. The entire workshop is donation based, all proceeds going to the Multiple Sclerosis Society.

Multiple Sclerosis is a complex disease. While it is most often diagnosed in young adults, aged 15 to 40, we know that it affects children, some as young as two years old. The impact is felt by family, friends and by the community. MS is unpredictable, affecting vision, hearing, memory, balance, and mobility. Its effects are physical, emotional and last a lifetime. There is no cure.

The workshop kicks off at 10am till 12pm with a Yoga Clinic with Aidan Tierney from QuietNorth Yoga. Aidan attended FightClub for a few years before moving out of Toronto. He has taught yoga for 8 years, and has an advanced teaching certificate from the Sivananda Yoga Centres in India, and is also part of their teacher training faculty. Classes build concentration and balance, as well as strength and flexibility in both body and mind. Aidan works with beginners and experienced students alike.

From 12pm to 1pm there will be a SYSTEMA breathing Clinic with Emmanuel Manolakakis from FightClub. Emmanuel integrated breath and movement together in a way that will bring you great body awareness and calm psyche. This is really the foundation work necessary to live life to the fullest and to excel at any given sport.

Lastly, from 1pm to 2pm there will be a reflexology Clinic with Raymond Chow. Raymond is an NBA sport trainer with lots of hands-on experience. He has been a student at FightClub and is my personal sports rehab trainer. Come learn how to heal the body through the bottom of your feet. This centuries-old practice is the foundation of most all massage practices. I'm sure you will totally enjoy it!

FIGHTCLUB owner and head instructor Emmanuel Manolakakis explains how this workshop came about: "I have helped several students over the years combat conditions they thought were impossible. The results are astounding! I want to spread the word and help as many people that are struggling to find a way to living full and active lives." Come out and learn from a true professional and support a great cause at the same time.

For more information contact:  
Emmanuel Manolakakis  
FIGHTCLUB - Martial Arts & Fitness Training Centre  
401 Donlands Ave. Toronto, M4J 3S2  
(416) 200-0200  
[www.fight-club.ca](http://www.fight-club.ca)

# PRESS RELEASE

For Immediate Release - October 4, 2011

Contact: Emmanuel Manolakakis  
FIGHTCLUB - Martial Arts and Fitness Training Centre

## East York's FIGHTCLUB helping fight cancer with Toronto East General Hospital

FightClub - Martial Arts & Fitness training center, located at 401 Donlands Avenue, is hosting a series of health and fitness workshops during the month of April with all donations going to the oncology department of Toronto East General Hospital.

The fun kicks off on Sunday, April 6th, with the first annual Fight Club Fitness Challenge from 12 a.m. to 1 pm, followed by a Fight Club ability grading session from 1 p.m. to 2 p.m. All ages are welcome. Come and watch Fight Club students display their martial arts knowledge and get in on the action with the fitness challenge! On Sunday, April 13th, a kettlebell clinic will be offered from 12 a.m. to 1 pm, with instructor Chris Coulthard. Learn how to use the centuries-old tool to develop strength, endurance, agility and explosive power with a total-body workout.

Two unique workshops will be showcased on Sunday, April 20th, starting with Pilates, the exercise that relies on strengthening core postural muscles and developing body alignment from 12 a.m. to 1 p.m. with instructor Renee Dello and followed with a relaxation massage Clinic from 1 p.m. to 2 p.m. with instructor Janice Bishop who will teach you how to give great, relaxing massages.

All workshops are open to the public. Participants are asked to make a small donation to the Toronto East General Hospital (tax receipts will be issued for all donations over \$10).

Fight club owner and head instructor Emmanuel Manolakakis explains how these workshops came about: "5 years ago my family was hit hard with cancer. Both of my parents were diagnosed about a year apart from each other with this horrible disease. About the same time, I opened the fight club Martial Arts & Fitness training center in the East York area. In many ways, it is dedicated to protecting and giving life back to people who the study of Martial Arts & Fitness. By living an active and healthy lifestyle, you have more energy, alleviate stress and decrease the risk of illness. My hope is that more people adopt an active lifestyle and live healthier and disease - free lives."

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# PRESS RELEASE

For Immediate Release - October 4, 2011

Contact: Emmanuel Manolakakis  
FIGHTCLUB - Martial Arts and Fitness Training Centre

## East York's FIGHTCLUB offers Women's Self-Defence Workshop

Fight Club - Martial Arts & Fitness training center, located at 401 Donlands Avenue, is hosting an informative Workshop geared toward women self-protection. The workshop will be held on Sunday September 28th at 12 to 3 p.m. The workshop will feature two sections. The first will cover the psychology of fear and the Criminal Mind and its relation to self protection. This will provide a good understanding and lay the foundation for building a good self protection model for women in our community.

The second is the application and execution part of self-protection. Participants will practice how to escape from grabs and holds, various strikes that will stop an aggressor in his tracks and using improvised weapons found in most every woman's handbag.

Learning how to protect yourself does not have to be complicated or take years to master. Just be aware of your surroundings and have a good attitude towards keeping yourself safe at all times. According to instructor Janice Bishop, "At the fightclub we teach a very serious topic but we make it fun for our students it's definitely challenging, but at the same time you'll be surprised at how easy and effective are methods are!"

Fight club owner and head instructor Emmanuel Manolakakis explains how this Workshop came about: "Walking along the city streets or riding the subway; it's not as safe as it once was in Toronto. Women are some of the most vulnerable people in our society, along with the young and elderly. I am sick and tired of reading stories in the newspapers about the violence in our communities. When it's against the most vulnerable of our society it sickens me even worse! Given the nature of my business and my personality, I couldn't just sit back and not help. I opened the fightclub - Martial Arts & Fitness training center to help good people deal with bad ones. That is what this Workshop is focused on - educating, supporting and empowering women through self protection.

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# FIGHTCLUB IN THE MEDIA

Toronto Globe and Mail  
Saturday October 16th, 2004

Fight Club, Russian Style

Hard-core martial art once used by Soviet special forces.  
by **Rob Shaw**

The Smart Woman Survival Guide 2009

A half-hour hybrid show that is part lifestyle and part comedy. Smart Woman follows a group of women who bond over their work, lives and loves. Emmanuel was featured on several episodes.

**Rob Stewart, Director**

East York/Riverdale Mirror  
April 15, 2005

Russian self-defence takes hold in East York residents joining Fight Club to learn 'the system'.

by **Sean Durack**



F I G H T C L U B  
**C M C T E M A**  
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fight-club.ca

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