



Get REAL News

With all of the inquiries we get through email and in person, there is one common element everyone is concerned with - Attitude and Ego. As soon as people bring this up, with much happiness Mr. Paine always says "you don't have to worry about that here, we have a great bunch of people who train safe and leave their ego's at the door". Why is this so important? Besides safety, people can feel comfortable being themselves without false bravado, which defeats the purpose of personal development anyway, the main mission of the RSDC. Have a great new year!

A YEAR IN REVIEW FOR REAL SELF DEFENSE CENTER by Calen Paine

With excitement RSDC announced the branding of our on going functional sports combat/mixed martial arts training. We official brand is "Dark List Mixed Martial Arts". The training continues to progress and evolve in stand-up, clinch and ground. Our students have had great success in MMA cage fight events have come home with 1st, 2nd, and 3rd place trophies in gi no gi at well known grappling/ ju jitsu tournaments. We shall continue on this path.

Our foundational "Citizens Protection" Certification Course – level 1 continues to run successfully. We introduced Citizen Protection - Level 2 course aka I.S.R. Close Quarter Battle. To round of the curriculum we have Citizens Protection Advanced themes of Weapons Safe - knife and club defense, Weapons Of-fense – using the tactical flashlight, baton and knife and M.A.D. – Multiple Attacker defense. For female only programs we offer our highly successful trademark F.L.A.G. – Fight Like a Girl seminars. Collectively it adds up to thorough and in-depth personal protection curriculum.

After a break from teaching weapons as an on going class, RSDC re-created and introduced "Armed Response" certification programs in weapons training. In 2009 we delivered Armed Response level – 1 (long range single /double stick and knife), level – 2 (close quarters combat in stick and knife) and level – 3 (uncommon weapons- staff, cane and stick and knife). We will continue run these dynamic level programs in 2010. Weapons training is back and in full striking force at the RSDC!

RSDC has always been first and foremost a center for personal development. Our "Martial Arts for the Mind" sessions have been popular with students, outside non-member and continued to grow in interest and numbers. In 2009 we held our first 12 hour MAM summer intensive course. It successfully concluded the program with a functional philosophical matrix that the students could apply in daily use.

2010 we will be integrating new material into training programs plus gym renovations!

DVD RELEASE

Citizens Protection Level 1 DVD is released and now for sale. 3 disks with over 5 hours of information. Everything that is covered in our Level 1 program is in this DVD series plus more!

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Upcoming Events

Martial Arts for the Mind - Functional Philosophy

You train your body hard, now train your mind.

One of the hardest things in life is to define one's values.

This session is to present an approach to defining a functional and fundamental value system.

Values are the compass for navigating through life.

When: Friday Jan. 22 2010

Time: 7:00pm - 9:00pm

This is open to REAL Self Defense Center members and non-members

Citizens Protection Certification Course Advanced Themes - Weapons Offense

Building upon strategies and tactics from Citizens Protection Level 1 and 2, this Advanced Themes Weapons Offense features:

Impact weapons (collapsible baton), blade and using improvised weapons from your environment.

Flashbang - the tactical flashlight for day and night scenarios.

When: 3 Mondays Jan. 18, 25, Feb. 1 2010

Time: 7:30pm - 9:30pm

F.L.A.G. - Fight Like a Girl Seminars

This is our one day females only, woman rule, girl power, self-defense/personal protection seminar.

When: Sunday Jan. 24 2010

Time: 9:00am - 4:00pm

Armed Response - Level 2

Close Quarter Weapons Combat

Level 2 will further ground and sharpen the long range skills. Weapons combat can end up in a clinch and ground scenario. This program will cover protective entries, tie up positions takedowns, and ground fighting.

You do not have to take the Level 1 program to join up for the Level 2 program.

When: Saturdays starting Sat. Jan. 30 2010

Time: 9:30am - 11:30am

Citizens Protection Certification Course Level 2 - aka I.S.R. Matrix Close Quarter Battle

This course starts off from Level 1, when stabilization fails and the use of force escalates.

This course includes: Fundamentals of striking, attached striking, wall and forward infighting. Combative range transitions, clinch with cloth for control, off-balancing, throws and ground 'n pound.

When: 8 Mondays starting Mon. Feb.8 2010

Time: 7:30pm - 9:30pm

KFM - Keysi Fighting Methods - New Seminar!!!

This system has received a lot of attention and recognition through the recent movies, Batman and Troy. Those familiar with the I.S.R. Helmet tactic and Crazy Monkey boxing system will want to check this out!! KFM picks up from where these tactics left off. Learn close contracted covering while flowing into aggressive, offensive striking.

When: Saturday February 6 2010

Time: 3:00pm - 5:30pm

Time for a Laugh

- **Why did the fighter get his butt kicked in heaven? Because he only trained with aliveness.**
- **What do ghosts put on first thing in the morning? Their boojies**
- **Husband: When I get mad at you, you never fight back. How do you control your anger?**
Wife: I clean the toilet
Husband: How does that help?
Wife: I use your toothbrush...