

During the hot and sweaty days of summer come over to the RSDC for 4 Mondays of our latest Citizens Protection - **Gladiator** program, padded up, all the gear on, scenario training. Or, if you enjoyed Armed Response Level 1 and 2, we now have Level 3 - uncommon weapons, starting in July.

In August we have a 2 week Martial Arts for the Mind intensive for those of you who would like to delve deeper into defining and redesigning your life. But make sure that above all, you have a great summer!!!

The Mystique of the Nunchaku - Review by Calen Paine

For those of us brought up in the Bruce Lee movie era we were all enthralled about that weapon made of 2 sticks on a chain called Nunchaku. After witnessing Bruce Lee we all went out and built the home made weapon and started twirling, flailing them about and wacking ourselves in the process.

At the end of June, I attended a Nunchaku seminar put on by Sensei Yanush Glowacki.

Yanush displays all the flashy, whirling, twirling skills that we all fantasize about doing but also showed real world functional application of this elusive weapon.

It was a pleasant surprise to see such a thorough and encompassing approach to this weapon. I am looking forward to the next levels to come.



Featured Students by Calen Paine

The mixed martial arts generally are a male dominated sport.

The number of female participants at our gym waxes and wanes.

So it is with great happiness that I introduce Ashley and Danielle, our 2 newest additions to our Functional Sport Combat classes.

These girls are high speed, no drag and go, go, go. From day one both did not shy away from sparring and rolling and are always high intensity in their training (this is a lot more than some males that have come through my gym door).

Ashley, Danielle, I hope you stay around for a long time!



Volume 4 Issue 4 July - Aug. 2009

Upcoming Events

Martial Arts for the Mind - Functional Philosophy

You train your body hard now train your mind.
Topics for this session:
The dynamic process of change, making changes in your life, strategies for implementing change.

When: Friday July 3, 09
Time: 7:00pm - 9:00pm

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

Armed Response - Level 3 New Program!!!

Our latest addition to the Armed Response Weapon Courses. Topics include:
Uncommon weapons - staff, cane, Spada Y Daga (stick and knife).
Isolated and graduated sparring with single weapon, equal weapon and support weapon concepts. Learning the common cane as a tactical weapon.

You do **not** need Level 1 or 2 to take this program

When: Saturdays starting July 11 - Aug. 15, 09
Time: 9:30am - 11:30am

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 July 26, 09
Time: 9:00am - 4:00pm

Citizens Protection Gladiator Intensive - New for the Summer !!!!!!!

4 sessions of graduated scenario training. Students will be putting on the padded assailant gear and throwing down! We will be dealing with defensive common confrontation and resolving violent attacks with all the padded gear on. Be prepared to experience real and intense contact.

When: Starting Monday July 13 - August 3, 09
Time: 7:30pm - 9:30pm

This is open to all new students and graduates of all post Citizens Protection courses.

Martial Arts for the Mind - Extraordinary

Greatly impact your way of thinking, interrupt emotional patterns of worry and stress. Clarify definitions of your own beliefs and purpose. Reframe your approach to creating effective action for your life.

This unique course promises to be insightful, challenging and altering.

When: Tues Aug. 18, 25 Thurs. Aug. 20, 27
Time: 6:30pm - 9:30pm

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

We will be closed Aug. 17 - Aug. 31

Martial Arts for the Mind will be the only course running during holidays

Time for a Laugh

Q: What's a rattlesnake's favorite holiday?
A: Fangs-giving

Q: What happens to a hamburger when it misses school?
A: It has a lot of ketchup time

Q: What do you get if you cross an owl with a skunk?
A: A bird that smells and doesn't give a hoot.

Q: Why aren't drummers very smart?
A: Because they're often cymbal-minded (no offense Mr.Paine)

Q: How did the Vikings send secret messages?
A: By Norse code.

Q: What was the Invisible Man raised on?
A: Evaporated milk