

The RSDC is pleased to announce that we are now an officially recognized "Straight Blast Gym". What does this mean? It means that our gym curriculum, attitude and teaching methodology are endorsed and recognized by the Straight Blast Gym International Headquarters. SBGI standards are very high and have shaped much of our training approach. We have been a part of this world renowned organization since 2002 and are glad to have their continued support.

The Keysi Fighting Method by Chad Pepler

The guiding principles and training of the Keysi Fighting Method conforms with the training approach at the REAL Self Defense Centre. In my investigation and practice of KFM I have discovered their program has some obvious



similarities with my preceding RSDC training, including a type of *Aliveness* and the use of the *I-Method*, by training all skills in the form of building blocks with hidden repetitions. The curriculum taught by KFM is easily learned and immediately functional by adding numerous new ideas to our own guided personal development



as martial artist. KFM brings the worlds of urban street application combined with functional and *real* training that takes advantage of your natural human instinct to cover in combat. See 'Upcoming Events' for Session 2

Citizens Protection DVD Series Review by Ed Young

Calen's background was well suited to making this DVD set. We see that his background is diverse, mixed and he does his research. The recording itself is done in a simple format and is well organized.

If you do a traditional martial art, you will learn ideas that you can apply to what is already working for you now. Gross motor applications come up a lot. The need to be functional and able to apply what you know during the stressors of engaging an attacker, is a central theme on going throughout. Not once have I seen Calen take a pebble from someone's hand so they can leave the Shaolin temple. The price is reasonable for a 3 DVD series that is loaded with useful material. Having visual reminders helps in all learning, especially for remembering details, a key component in both teaching and studying.

I am looking forward to future DVD's covering even more themes.

Volume 4 Issue 2 March - April 2010

REAL Self Defense Center 14702 115Ave. Edmonton, AB. (780) 974-1338
www.realselfdefensecenter.com calenpaine@gmail.com



Here is wishing our one and only Mr. Paine a very happy 50th birthday from all of your coaches, instructors, staff and students!!!

**That means 50 birthday rounds?
We are going to need reinforcements
for March 14!!!**

Upcoming Events

Martial Arts for the Mind - Functional Philosophy

You train your body hard, now train your mind.

Life can be very hard and difficult at times. We have all experienced pain and suffering through life's trials, tribulations and crisis. This session looks to identify the reactions and process that we all go through when we experience pain and suffering.

When: Friday March 19 2010
Time: 7:00pm - 9:00pm

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

Untapped Boxing and MMA with Ryan Lawley New Program!!!!

Featuring boxing, MMA, and submission wrestling, all classes include a technical and fitness component. Instructed by Ryan Lawley, a professional fighter and trainer with two decades of fighting experience.

When: Saturdays starting March 20 - May 8 2010
Time: 4:30pm - 6:00pm

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 April 11 2010
Time: 9:00am - 4:00pm

Citizens Protection Certification Course Advanced Themes - Multiple Attacker Survival

One of the most dangerous situations you will have to deal with will be facing multiple attackers. This fast paced intense program deals with:
Gang encroachment, breaking the circle, striking in different ranges, shielding, ground fighting and open space and close quarter multiple attacker scenarios.

When: 3 Mondays - April 12, 19, 26 2010
Time: 7:30pm - 9:30pm

Armed Response

Sharpening the Tools - New Program!!!

This program is open to all students who have done our Armed Response levels 1, 2 or 3, or anyone who is interested in weapon combatives. We will be introducing Kali fitness conditioning, refining all fundamental weapons drills and forging combative weapon skills with lot's of "Aliveness" and sparring.

When: 8 Saturdays starting Sat. April 10 2010
Time: 9:30am - 11:30am

KFM - Keysi Fighting Methods New Session 2!!!!!!

This system has received a lot of attention and recognition through the recent movies, Batman and Troy. The first KFM seminar we ran received great praise and reviews. This session 2 seminar picks up where we left off and adds to the White Grade level 1. Topics include:
Pensapatada Direct (Direct Kick), Rodilla (Direct Knee, Garramono (Basic Entry), Cancuturo (Basic Hold), Tornado Cuerpo (Basic Takedown), Pensacodos (Direct Elbow, Monescala (Grounded Escape).

When: Saturday April 17 2010
Time: 3:00pm - 5:30pm

Upcoming Events

Luis Gutierrez will be here May 14, 15, 16.

Friday night will consist of new developments and material in the I.S.R. Matrix program, while the rest of the weekend will be Luis's own So Flow BJJ.

When: May 14, 15, 16 2010
Time: Friday night 6:00pm - 10:00pm
Sat. & Sun. 10:00am - 5:00pm