

Hope everyone had a great summer! At summers end we had a coaches meeting, and with constant evolution always in mind, we are redesigning our curriculum and our teaching approach. Watch for new material and a better integration of skills and drills.

Not a Way of *Living* - But of Being

by Jeffrey MacDonald

Amongst the programs that REAL Self Defense Centre offers is a rare gem. Martial Arts for the Mind is an intense, thought provoking, life altering and goal changing seminar, one I might add that you would be hard pressed to find elsewhere. You could ask: "Well, what if I am comfortable with the way I'm living now?", I too said the same thing at one point. However as I grew and learned, my ideas had a chance to expand and evolve. I would now reply to you: "That very well may be, but are you **happy** with they way you're living?". Now, this is not to be misunderstood, the goal of Martial Arts for the Mind (M.A.M.) is NOT to eviscerate and delude your mind or ideas. Quite the opposite; in fact it is meant to heal all the twisted things society has taught us and build the magnificent minds we have all been granted. It is meant to pull us out of the conventional way of thinking. There are many things I have learned from M.A.M. Among the most important is that any given person may be living a good life. Think though, if they were to step outside their comfort zone, get outside the box, is there not possibility for a **Great** life? Indeed limitless possibility?

I must say, there were times when I could not comprehend the direction that I was being led, or the ideal I was being taught but in the end it was well worth it. The things I've learned throughout this seminar I will carry with me for the rest of my life and because of it, be a more successful, happy, fulfilled and content person. For you this is another choice, a fork in the road. You could choose to either ignore or delve into M.A.M. and not choosing is still a choice. What have you got to lose? It's only your life and the clock is ticking.

Jeff will be moving away to go to school in Manitoba. The RSDC wishes you all the best in your studies. Your light, easy going nature and always smiling attitude will be missed, all the best.



Since starting Martial Arts for the Mind two and a half years ago the interest has consistently grown. The summer MA4M intensive had a good turn out of RSDC students and non-members. Thank you to everybody for your support in this program. By Calen Paine

At the end of September, Mr. Paine will be in Florida for an intensive 5 days of training at One Dragon with Luis Gutierrez. Look forward to him bringing back the latest I.S.R. Matrix updates and BJJ techniques. (wooo, scary!)

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

Upcoming Events

Citizens Protection Certification Course - Level 1

This is our thorough and functional conflict resolution and self defense training program. This program includes: mind-set, verbal tactics, physical protection tactics and weapon safe tactics.

When: 8 Mondays starting Sept. 28 - Nov. 16, 09
Time: 7:30pm - 9:30pm

Armed Response - Level 1

In the tradition of Filipino Kali and other weapon arts, combined with our unique "Aliveness" training methodology, this provides the student with an excellent foundation in postures, positions, footwork, evasion, blocking, striking plus much more.

When: 8 Saturdays starting Oct. 10 - Dec. 5, 09
Time: 9:30am - 11:30am

Martial Arts for the Mind - Functional Philosophy

You train your body hard, now train your mind.

This theme focuses on communicating what is "alive" in yourself and others. Developing empathy and listening with greater compassion. Resolving current or long standing issues and conflicts. This model of communication provides a simple yet moment by moment functional communicating tool.

When: Friday Oct. 9, 09
Time: 7:00pm - 9:00pm

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

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 Sept. 20, 09 & Sunday Oct. 18, 09
Time: 9:00am - 4:00pm

Citizens Protection Weapon Safe Mini - Seminar Blade Defense

In the last few years, violent confrontations where knives have been used has escalated dramatically. In this Weapon Safe Seminar learn REAL world knife defense awareness and strategic interception tactics of common knife attacks. Sabotaging positions and resolution counter tactics are trained and drilled.

When: Sunday Oct. 25, 09
Time: 9:30am - 12:00pm

Upcoming Events

SBGI President Matt Thornton BJJ Seminar

Straight Blast Gym Int. is a world recognized organization for MAA and BJJ. Matt Thornton travels the world delivering his no-nonsense approach to making BJJ functional and fun. For those of you who want to find out what level your BJJ is at, Matt will be doing belt testing and grading (Sat. or Sun. night, time TBA)

When: Sat. Nov. 28; Sun. Nov. 29, 09
Time: 10:00am - 5:00pm

Time for a Laugh and dumb quotes

- What did they give the cannibal who was late for dinner? The cold shoulder.
- What do you call a parrot in a raincoat? Polyunsaturated.
- "Outside of the killings, Washington has one of the lowest crime rates in the country". - Mayor *Marion Barry*, Washington, DC
- "I've never had major knee surgery on any other part of my body". - *Winston Bennett*, University of Kentucky basketball forward
- "We've got to pause and ask ourselves: How much clean air do we need?" - *Lee Iacocca*