



# Get REAL News

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Welcome back to another great season of training, hope everyone had a fantastic summer!

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## Let's Get Non-Violent!! by Calen Paine

I often remind students what the REAL Self Defense Center's mission is "We are a center for personal growth, evolution and self development".

I would like to introduce a process called Non-Violent Communication (NVC) created by Dr. Marshall Rosenberg. I find it odd and humorous we would be integrating this NVC model at gym where it is viewed as combative and often violent.

With NVC we learn to hear our own deeper needs and those of others and to know how good it feels to authentically connect with yourself and to another human being.

NVC has a clear intention, simple key principles and concepts that parallel and integrate with the RSDC's "Aliveness" training methodology. NVC can be applied in these ways:

1. All students deal with negative self talk. They are often very hard on themselves, NVC helps one to be empathetic and identify where their own struggle in personal training is.
2. Our goal as coaches is to raise the students skill level in the most direct route possible. NVC gives our coaches the tools to better listen to the students needs and focus in on a strategy to assist them.
3. Students that learn and apply NVC, will find they can use it not only with their training partner, but also with family, co-workers and friends.

*NVC will be part of our Martial Arts for the Mind sessions in Sept. and Oct. See Upcoming Events for details.*

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### Time for a Laugh

- Why do ghouls and demons hang out together? Because demons are a ghouls best friend.
- What do you call a very small sports fan? A speck-tator.
- Two hydrogen atoms bumped into each other recently. One said: "Why do you look so sad?" The other responded: "I lost an electron." Concerned, the one asked "Are you sure?" The other replied "I'm positive."
- Why don't dogs like to travel in planes? They get jet wag.

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# Upcoming Events

## Martial Arts for the Mind - Functional Philosophy

You train your body hard, now train your mind.

The next few classes will be in 2 parts:  
Cultivating optimal mental states through gratitude practice and introducing Non-Violent Communication model and process. NVC is simple, very functional method of connecting with yourself and others.

When: Friday Sept. 17 '10  
Time: 7:00pm - 9:00pm

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

## 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 and striking. Plus much more.

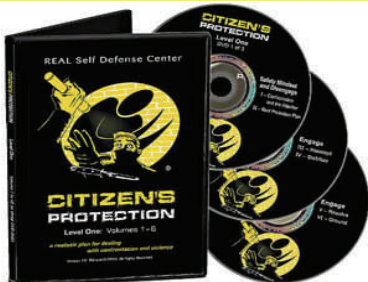
When: 6 Saturdays starting Sept. 25 '10  
Time: 9:30am - 11:30am

## Citizens Protection Certification Course Level 1

This is our thorough and functional conflict resolution and self defense training program, covering:  
Mind-set, verbal tactics, physical protection tactics and Weapon Safe tactics.

When: 8 Mondays starting Sept. 27 '10  
2 Sunday mornings  
Time: 7:30pm - 9:30pm

**Now you can take the RSDC with you on summer holidays! Our Citizens Protection Level 1 DVD will give you over 5 hours of training on 3 disks!**



## Martial Arts for the Mind - Functional Philosophy

You train your body hard, now train your mind.

Part 2 - Continuing our learning of gratitude and NVC from the September class.  
Cultivating optimal mental states through gratitude practice and introducing Non-Violent Communication model and process. NVC is simple, very functional method of connecting with yourself and others.

When: Friday Oct. 1 '10  
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 Oct. 3 '10  
Time: 9:00am - 4:00pm

## Citizens Protection Weapon Safe Mini Seminar

### Knife Defense

This seminar brings awareness of knife threat scenarios. It includes strategic and tactical use of environment, interception tactics for common knife attacks. Holding positions for stabilizing knife attacks, counter tactics for resolving knife scenarios and legalities of defending yourself.

When: Sunday Oct. 17 '10  
Time: 9:00am - 11:30am

## Upcoming Events

### SBGI President Matt Thornton BJJ Seminar

Straight Blast Gym Int. is a world recognized organizations 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 private lessons are also available.

When: Friday evening Nov. 19 '10 - Belt testing  
Sat. Nov. 20 ; Sun. Nov. 21 - Seminar  
Time: 10:00am - 5:00pm