

UPCOMING EVENTS: October – November 2011

Luis Gutierrez Seminar Series

Luis is the creator of the *ISR Matrix* and Past Vice-President of *Straight Blast Gym*. He is the founder of *One Dragon Martial Arts* in Florida USA. A black belt in Brazilian Jiu-Jitsu, he has traveled to teach his extensive skills to students around the world. www.onedragon.com

ISR Matrix: Clinch with Cloth & Close Quarter Battle

More advanced skills for law enforcement and security agents.

Friday, November 18, at 6:00pm – 10:00pm

So-Flo Brazilian Jiu Jitsu: Two Day Seminar

DAY 1: Covering the training process and training methodologies.

DAY 2: Class emphasizing neck attacks and chokes.

Saturday and Sunday, November 19–20, 2011
10:00am – 4:00pm (four hours of training per day)

~ **ADVANCED REGISTRATION AND PAYMENT REQUIRED** ~

CITIZEN'S PROTECTION

WEAPONS SAFE Module – 12 hour Certification Course

This empty-hand self defense training program will instruct you how to defend yourself against batons, sticks, clubs knives and stabbing weapons. You will learn to avoid being struck or stabbed then to intercept the attack and use holding positions to stabilize the armed attacker to ultimately resolve the threat of the weapon.

Monday, Oct 24 to Nov 14 at 7:30pm – 9:30pm
and on Saturday, Nov 12 at 10:30am – 2:30pm

~ **ADVANCED REGISTRATION REQUIRED** ~

GROUND FIGHTING Module – 12 hour Certification Course

Fighting from the floor is essential to any reality based self defense program. We cover 3 key perspectives; a superior standing position when you opponent is down and you need to keep him grounded, an inferior grounded position when you need to protect yourself and stand up safely, and strategies when both combatants are grounded.

Monday, November 21 at 7:30pm – 9:30pm
with a class on a Saturday at 10:30am – 2:30pm

~ **ADVANCED REGISTRATION REQUIRED** ~

FIGHT LIKE A GIRL

Single Day Seminars

This is our 6 hour females only, women rule, girl power, self defense and personal protection seminar based on the fundamentals of the *Citizen's Protection* foundational empty-hand curriculum.

Sunday, November 6 at 9:00am – 4:00pm

Sunday, December 4 at 9:00am – 4:00pm

~ **ADVANCED REGISTRATION REQUIRED** ~

INTRODUCTION TO MMA

Mixed Martial Arts – 12 class entry level training

This **NEW** class will be a crash course in unarmed combat sports that will teach the aspiring MMA novice the three phases of fighting; *Stand-Up*, *Clinch* and *Ground*. The participant can feel comfortable knowing that the fellow students are also just beginning their journey in learning kickboxing, wrestling and Brazilian jujitsu from our qualified coaches.

New module begins on Tuesday, November 8, 2011
Tuesdays and Thursdays from 6:00pm – 7:15pm

~ **NEW STUDENTS CAN JOIN AT ANY TIME, FOR ANY MODULE!** ~

DARK LIST MIXED MARTIAL ARTS

EMPTY-HAND ongoing classes

Kickboxing, Clinch & Grappling and **Brazilian Jiu Jitsu** in a *mixed martial arts*, functional sport combat context.

Tuesday, Wednesday, Thursday and Saturday

~ **SEE SCHEDULE FOR DETAILS** ~

FIGHT CLUB

This once-a-month special event format will include a longer day, video analysis and an informal evaluation for *Dark List MMA* ranking. Students will also learn valuable coaching methods and fighting strategies for full-contact events and tournament preparation.

Special event: Sunday, November 13 at 11:00am

~ **ADVANCED REGISTRATION REQUIRED** ~

WEAPONS

Add Filipino martial arts and Southeast Asian weapon skills to your *Stand-Up*, *Clinch* and *Ground* fighting. This ongoing class will explore the use of the baton, double-stick, knife, cane & staff and how they can be effectively employed within a *mixed martial arts* context.

Beginning Monday, October 17 at 6:00pm – 7:30pm

Martial Arts for the Mind

Functional Philosophy

This course concentrates on the most important form of *self-defense*... defense against the *SELF*. This down to earth program is designed to assist you in reaching a greater sense of awareness and the understanding needed for daily clarity, peace and personal mastery.

Interactive website with video instruction, blog entries and all the MA4M information. **COMING SOON!**

P.A.W. POWER – Mixed Martial Arts for Kids

The REAL Self Defense Center offers a Play As the Way© powered class for children ages 8–12. Please call for more information.

~ **COMMUNITY OUTREACH CLASSES & PRIVATE LESSONS ONLY** ~



REAL
SELF DEFENSE CENTER
Est. 1995

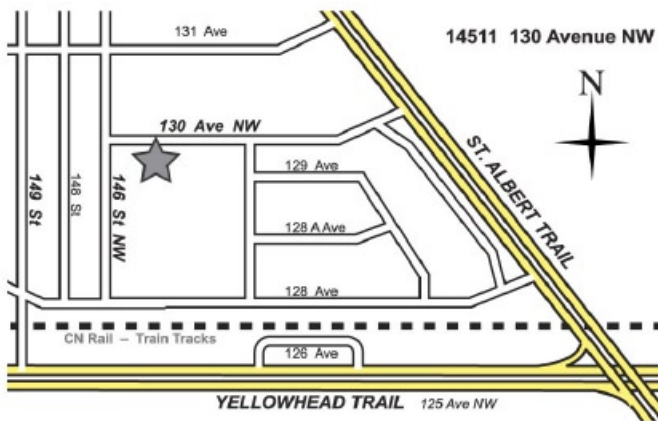


14511 130 Ave NW, Edmonton AB
www.realselfdefensecenter.com
www.youtube.com/realsdc
Calen Paine: **780-974-1338**

WE'VE MOVED!

After many years and a few false alarms, Calen Paine has finally moved the REAL Self Defense Center to a new and improved facility. The former location, on 147-street and 115-avenue has been a good home for the training centre for the past seven years, despite a leaky roof and a few minor issues.

The brand new location has many improvements. An upstairs area, enclosed office, better heating, stronger fans (for those hot summer days) and a male and female change room. Although renovations are still underway we are planning to install a fight cage area, dividing partition for the main workout space and a raised filming platform for video productions.



The new gym will also boast some other conveniences like a parking lot as well as street parking. Please, be considerate of the other tenants who share the building when parking your vehicle.

Feel free to visit during hours of operation: **14511 130-avenue NW** We are North of the Yellowhead Trail and you can access the building by 128-avenue via St. Albert Trail, 149-street or 156-street. After sixteen years of operation, the REAL Self Defense Center is going strong with no end in sight! ~DM~

MODIFIED CURRICULUM & NEW CLASSES

Improved approach to already superior training boosts student performance and effectiveness.

Since 1995 Calen Paine has affiliated himself with arguably the best organizations in the martial arts and self defense fields. Most recently the RSDC has become an official *Straight Blast Gym* for Brazilian Jiu-Jitsu and sports combat. RSDC has also forged strong ties with the *ISR Matrix* organization for law officer defense tactics and personal protection skills.

Although, Calen has learned valuable skills and functional techniques from these sources, the strongest influence on his teaching method was the approach to training & drilling that *SBGi* and the *Matrix* have been based.

Over the years, the curriculum at the RSDC has been refined to transfer knowledge and physical skills to the student in the most efficient and complete manner ever devised. This has been consistently proven through the superior performance of all our students and athletes in REAL life application.

The *Citizen's Protection* curriculum is now on a 6 month cycle. Each 12 hour module a dedicated to a particular subject over

a 4 week period with an intensive weekend graduation class. Modules include; Weapons Safe, Ground Fighting, Multiple Attacker Defense, Armed Response, Team Tactics and the first level Empty-Hand fundamentals class.

Similar module based organization has been adopted for our *Dark List MMA*, BJJ, kickboxing, clinch/wrestling and weapons fighting classes. Along with the standard mixed martial arts classes, the RSDC now offers an *Introduction to MMA* crash course. This series of classes is planned to run in a 3 module cycle that will cover the basic fundamentals of fighting in MMA and lay the path towards all of the moves one would commonly see in the UFC.

This proven system is used to maximum effect in Calen's *Martial Arts for the Mind* Functional Philosophy seminar series where he guides the participant through each individual theme, then integrates them to enhance the student's thinking and improve their life.

