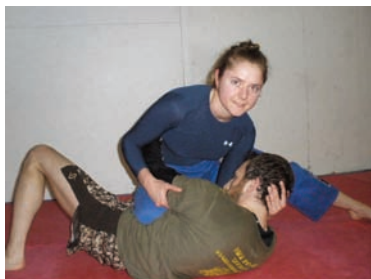


## Well Prepared by Ashley (Smashley) Peter - Rennich



*For many, Jiu-Jitsu slowly creeps into their lives and takes over. For me, it has invaded like a storm and is what I spend most of my free time doing. The Jiu-Jitsu tournament on April 17th at DoJo St. Albert provided an opportunity to competitively compare skills to men and woman from other clubs. Often times, it can be uncomfortable for some women to contend against men, whether it is in competition or in training.*

*However, my Jiu-Jitsu experience at Calen's, has been that men welcome women to the art with out hesitation or reservations. The guys provided a great circle of strength and support which prepared me very well for this tournament.*

*After my first round in the mixed division Cory asked:*

*"How did it feel?"*

*I responded with:*

*"It's just like rolling with you guys!" The circumstances were very familiar.*

*The approach I had to this tournament came from the approach I've been taught: keeping it relaxed and having confidence in that technique trumps power.*

## Citizens Protection Multiple Attacker Defense by Nathan Bruno

While taking M.A.D. at the RSDC I've learned that Multiple Assailants is an ugly situation and is taught in all seriousness in this Advanced Theme. Avoid, avoid, avoid are the words that come out of Calen's mouth when we talk about the dangers of Multiple Attackers. Although the situation is intense in the info and the training never stops, there are many times in the course where the whole class is filled with uncontrollable laughter!

The RSDC is proud to bring back children's MMA classes!

P.A.W. - Play is the Way classes for children - incorporates junior Citizens Protection, Mixed Martial Arts and Play is the Way programs all rolled into a confidence building, empowering and fun time for kids! Instructed by Dave Martel and Anthony Stauffer. Class dates to be announced



**Volume 4 Issue 3 May - June 2010**

# 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 May 14 2010  
Time: 7:00pm - 9:00pm

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

## 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.

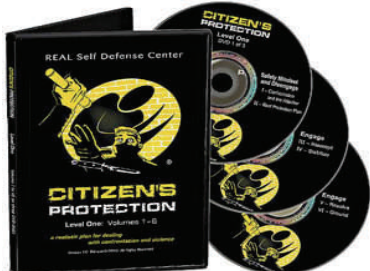
When: 8 Mondays May 10 - June 28 2010  
2 Sunday mornings, check "Upcoming Events"  
Time: 7:30pm - 9:30pm

## Citizens Protection Weapons Safe Mini Seminar Impact Weapon

A very common weapon of opportunity is the Impact Weapon. As a confrontation starts to escalate, an individual often grabs an improvised club (base ball bat, tire iron etc.). Weapons Safe covers entry tactics to intercept, stabilizing positions to control or disarm, resolution tactics to escape, restrain or finish it off.

When: Saturday May 29 2010  
Time: 9:00am - 11:30am

**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!**



## 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 May 30 2010  
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: Saturday June 12 2010  
Time: 9:00am - 11:30am

## SBGI's Black Belt Travis Davison - Brazilian Ju Jitsu Seminar

Brazilian jiu-jitsu concentrates on the problem of how to fight on the ground. It emphasizes good technique, mobility and leverage over brute force.

Travis' second time to the RSDC but he is no stranger to the art of BJJ. Travis brings his expertise as a black belt instructor from his Straight Blast Gym in Montana

**For students who would like to know their skill level in BJJ, belt testing will be available.**

When: Sat. June 19 - Sun. June 20 2010  
Time: 10:00am - 5:00pm

## 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: 6 Saturdays starting June 26 2010  
Time: 9:30am - 11:30am