

Hybrid Training / “Common Delivery”



Combative Training for the Real World

Unarmed Weapons Defense & Takeaways

What would you do if faced with an assailant with a weapon when you are unarmed? The thought of this will reduce most people to despondent inaction. Mainly because people have no idea how to deal with an armed assailant even in a controlled environment.

This program begins with a conceptual understanding of the advantages and disadvantages of each weapon as it exists on its own. Once you understand these differences, complete



fear of a weapon may be reduced to respect, and perhaps even losing apprehension all together.

Learning skills to capitalize on the disadvantages of a weapon and drilling those skills to competency. The general goal, if escape is not possible is to gain control of the weapon limb. This concept is pretty much universal, there are however differences in how to gain control and what to do once that control is made.

Reality Defense Training uses a concept known as **Common Delivery Pattern**. Simply stated this means we would like “to do as many of the same things for as many things as possible.” This concept allows for a smooth transition to other subjects concerning Self-Defense. Like Ground Fighting & Grappling Defense.



Common Delivery allows us to develop effective responses to Grappling and Unarmed Weapons Defense simultaneously because the responses to them both are the same...

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go to realitydefense.com/events/ to sign up for this life changing course.



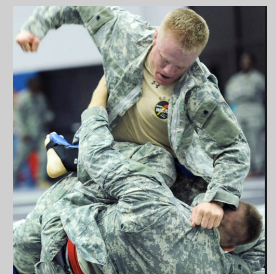
Ground Fighting & Grappling Defense

Grappling arts are extremely popular today. Usually manifested in **Combat Sports (MMA, UFC etc.)**. The popularity of this type of training has even found its way into our military. Why would anyone “*want*” to go to the ground during a real life encounter? History shows us that (*other*) people will get involved to help or hinder one side of the other. A fighter that chooses to take you to the ground over any other way of fighting should be viewed as a dangerous fighter. This is why we respond to grappling in the direct and brutal way, A grappling could break joints and/or choke you unconscious. Will they stop attacking you after that? You cannot count on it so you must neutralize them as quickly as possible.

Grappling has no business on the street or the battlefield.

This is not to say that grappling would not work on the street, it has, but philosophically speaking, is Grappling the best thing to do?

No, it is not...



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