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Having had my fair share of combat training and real-life singular and team hand-to-hand encounters as a cop, I have come to realize that personal self-defense can be summed up in what I call the critical ' A ' s: namely, always Anticipate (means you anticipate that a conflict will happen, and so you prepare for it mentally and physically), always Armed (meaning always have a weapon of some sort with you), always Aware (awareness at a subconscious level that sees all), always Avoid (the ...

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Aleksandr is the Founder and Lead Instructor of Real World Self-Defense. He was born and raised in Russia before the Soviet fall. Our

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Founder then had the opportunity to travel the world with the PeaceCorps and lived in many ' second ' and ' third-world ' countries. Martial Arts was a large part of many of the cultures that...

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