



MODERN WORLD

MODERN DEFENSE



Jim Wagner has taught and trained with the FBI, US Navy, Homeland Security, was a counter terrorist Special Agent for the United States government after 9/11 and is the go-to instructor for numerous organizations around the world. And, for one week in January, Vancouver will have the privilege to see this man in action and learn from him the best possible way to save your life in a wide array of life threatening circumstances.

Jim Wagner's Reality-Based Personal Protection System is a program that people with no prior knowledge of self-defense can learn.

The 5-day course will cover Defensive Tactics, Ground Survival, Knife Survival, Crime Survival, and Terrorism Survival with each topic getting an entire day devoted to it. The course runs from January 19-23 at Triunity Martial Arts in Surrey, BC.



Being only one of two women to attend the Reality-Based workshops in 2008 (on his first Surrey visit) in a classroom full of males, including ERT police and military professionals, it would be pleasing to see more women take an active interest in their own protection and take self-defense a little more seriously. This is your life we are talking about, and your cardio kickboxing and fitness boxing classes are a far cry from serious defensive tactics! Take those classes for fitness, that's fine, but take these Wagner classes for your life, and the lives of your loved ones.

Mitra Castano is the coordinator for reality based Personal Protection in Canada and received her instructor certificate earlier this year, becoming the first Reality-Based Personal Protection female instructor in Canada.

Since receiving her certification, Castano has been organizing numerous self-defense classes for women, in hopes that women will start realizing that these types of training programs are not just specifically designed for men.

"A lot of times women are not aware of their surroundings at any given moment. Reality-Based Personal Protection gives insight and awareness into these tactics. It offers empowerment and the basic tools women need to protect themselves and to be able to get away safely. It teaches women what to look for before getting into their cars and the basic tools for your purse".



For more information on how you can participate in the Reality-Based Personal Protection program, please contact Mitra at Triunity Martial Arts at 778-578-0088. For more info on the Wagner Reality-Based Protection system visit: www.jimwagnerrealitybased.com



By: Julie Krol