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Born and raised in Montreal, Nick
Drossos has been training since the

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age of 9 to achieve his expert skills
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Having had my fair share of combat
training and real-life singular and team

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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

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a weapon of some sort with you),
always Aware (awareness at a
subconscious level that sees all),
always Avoid (the ...

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Real World Self Defense is a
combination of mentality and
movement that provides a path to

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successfully defending yourself on the streets today, in a real attack. What do I mean by a real attack? When someone wants "something" from you and they intend to commit bodily harm to you up to and including death. That does not happen in a ring!

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~~Real World Self Defense is NOT What
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Aleksandr is the Founder and Lead
Instructor of Real World Self-Defense.
He was born and raised in Russia

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before the Soviet fall. Our 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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