

Reality Based Personal Protection

Reality Based Personal Protection (RBPP) is a system developed by 'Black Belt Magazine 2006 Self-Defence Instructor of the Year', Jim Wagner.

The Reality Based aspect of Martial Arts focuses on dealing with real life situations.

RBPP emphasises:

- practical, simple techniques that are easy to learn
- techniques which you are likely to use in a conflict
- realistic training through scenario based training
- pre-conflict, conflict and post-conflict training

Reality Based covers the three critical stages in conflict:

Pre-conflict (before the conflict) - covers the situation before a conflict occurs. It covers how to be more 'situationally aware' (ie. how to spot and avoid trouble if possible), pre-conflict verbal strategies, and more.

Conflict (actual conflict) - This covers the 'actual' physical side of conflict. RBPP uses simple strategies and techniques that can be used to deal with a wide variety of attacks. RBPP uses simple techniques that use gross motor skills as opposed to techniques that are complicated and requiring the use of fine motor skills. RBPP uses human natural instincts and reactions to advantage.

Post-conflict (after the conflict) - This covers the events following the physical side of conflict. It includes, escape from conflict to a safe area, self-first aid and other aspects following conflict.

Irontiger Reality Based Personal Protection is taught in a regular class format. It incorporates all the three stages in conflict. During these classes the student will learn key concepts and principles that one will find useful under stress in a conflict situation.