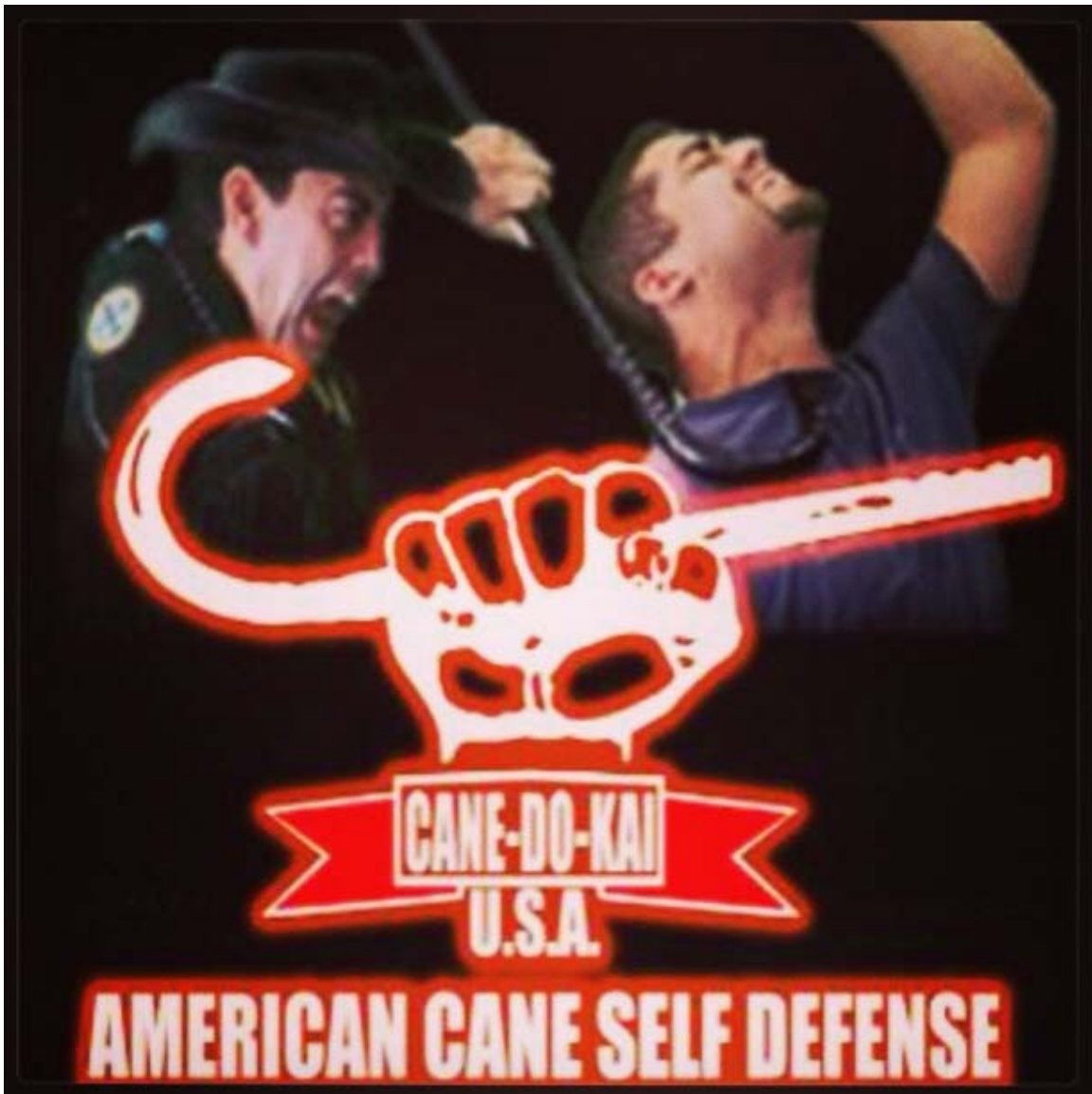


5 TO SURVIVE

Course Guide

The First Foundational Course of
The American Cane Self Defense System



ACSD Foundational Course 1- Written By Joe Robaina

"Can a wooden cane walk by itself?"-Isaiah 10: 15

Credits

Many of the concepts and ideas presented are adapted from Mr. Chris Sutton's C.O.B.R.A. Student Manual which we teach and are a licensed facility. Cobra Self Defense Systems 2004-2008.

Dedication

Nothing we produce at ACSD that is good and of service to humanity happens without our Lord's blessing. Ideas and inspirations come from him and we believe we are doing the Lord's work. We dedicate this course to those who have been picked on, victimized, and led to believe the false lie they were unimportant and not good enough to belong. Here you will always BELONG-BELIEVE- and ACHIEVE. You will
Never Walk in Fear Again!

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ACSD Tactical Mission Statement

- **To provide the finest professional self-defense and personal protection training to all students.**
- **To increase public Awareness about the effectiveness and practicality of the Cane as a self-defense tool.**
- **To Empower Students by increasing public awareness about the reality and effectiveness of ACSD training.**
- **To provide cutting edge concepts and training methods for student benefit.**
- **We are committed to evaluating and improving all training methods and skills.**
- **To provide products and services which empower and create leverage for students of all levels and abilities.**
- **To provide a sense of community where everyone, regardless of age, race, gender or experience can **Belong, Believe, and Achieve.****

INTRODUCTION

Thank You and Congratulations on making the wise and responsible decision to learn American Cane Self Defense. You are learning an exciting and battle tested training program to greatly increase your physical, mental, and emotional ability to survive a violent encounter. Not only yours but others you care about as well.

The Cane is an instant EQUALIZER. However, as with ANY self-defense tool, without proper training it can actually get in the way of a life threatening encounter.

That's Why....

Participating in this ACSD Foundational Training Course places you in the top 3% of the population. What that means is, people talk about taking action all the time. Only 3% of those people actually do something about it. By participating in this program you are not a talker, you're a doer. It gives you a huge advantage over 97% of the population.

Your reasons for doing this course are your own, and regardless, you deserve the best training and experience. At the end of the day, all ACSD courses focus on your safety, your physical improvement and the security of you and your family.

Before we get started, you should know that reality based training can be intense and of an adult nature. While the training may not always need to be physically intense, some of the verbal assertiveness drills and discussion of the criminal element are designed to simulate reality. The training in this course is done strictly for professional training purposes only and not to offend anyone.

This ACSD course was created to give you a high level of personal security and the ability to survive in today's world. Just as you purchase insurance for your home, car, or cell phone, you are also investing in your personal safety. Why? Because you cannot control how other people behave and the decisions they make. Your experience with this program can change your life. First, you must complete your program. Now let's get started!

ABOUT ACSD TACTICAL

All ACSD programs have been created from years of practical experience in the areas of tactical self-defense, martial arts, exercise physiology, kinesiology and natural care of the human body. Psychological and verbal tactics pertaining to self-defense are also included. ACSD offers exclusive programs providing realistic and effective self-defense for all who participate.

ACSD is the first tactical Cane self-defense system to be officially recognized by the International Martial Arts Hall of Fame's (also known as the World Head of Family Sokeship Council) Tactical Division. This is the world's largest and most prestigious Grandmasters Board. If you're a martial artist, a cursory look at the membership roster confirms it. You cannot purchase admission. You have to pressure test and earn admission. No one is a WHFSC Board member until proven otherwise.

Joe Robaina is the first Cane practitioner to undergo the scrutiny of a testing board consisting of some of the world's elite martial arts Grandmasters and tactical experts. Board testing consisted of both defending a theoretical thesis and demonstrating his cane self-defense skills to receive a unanimous vote to the Board's Council. To say most Board candidates do NOT pass the stringent testing is an understatement. **An important side note:** Joe Robaina and ACSD were granted credentials as the first Tactical Cane Self Defense system and Grandmaster/Founder credentials on their SECOND examination.

On the first presentation, we were turned down as the Board didn't know how to classify us: martial art or tactical system. We weren't prepared for that. They advised to come back the following year and I can assure you they didn't think we'd be back for more humiliation. Think of the time, expense, and everyone we had to involve, students and instructors their times and expense just to present. On the second examination we clearly stated and demonstrated we were a tactical system. Then there was the issue of Joe Robaina's age. The youngest member of the testing board at the time was 59. Joe Robaina was only 42 at the time of testing. Consequently he became the youngest American to be inducted.

What all this means to you is:

- 1) When we introduce and share a training method, concept, or strategy, it comes from pressure testing and not just hypothetical theory.*
- 2) NEVER GIVE UP! According to a prominent member of the Board who initially voted against me, the fact I showed up a second time after being denied, demonstrated the character and spirit that sets their prestigious Board apart.*

Finally, ACSO specializes in giving the smaller, weaker, slower, older individual an instant equalizer in self-defense by empowering them with legal self-protection tools and teaching them how to be effective in real time.

Who Is This Course For?

In short, the 5 To Survive course is for anyone who has a legitimate interest in practical self-defense and wants to be effective with an instant equalizer, the innocuous looking Cane. They don't have the time or inclination to earn a black belt in a martial art. They need the survival skills now. Specifically, this course is for:

- Men, Women, Young Adults who want to learn tactical cane self-defense in real time.

- Those interested in learning the ACSD system to teach it to others.
- Those already teaching self-defense or martial arts who want to offer tactical cane self-defense training to their students.

Regardless of your Cane Self Defense experience, this is the First Foundational course in the series. It addresses the range where most altercations happen and provides the foundational base for all future training.

The Goal of This Course

The goal of this course is five-fold:

- 1) To increase your self-defense IQ, awareness, and give you practical preventive concepts.
- 2) Give you the foundational physical skills focusing on the ACSD Five Powershot Template so you can handle the range most physical encounters occur in.
- 3) Give you the live training scenarios that will give you an opportunity to test your skills under simulated duress.
- 4) Evaluate your knowledge and physical skills based on appropriate standards of effectiveness.
- 5) Provide support and feedback so you complete the course successfully.

What Is Expected of You:

You are expected to:

- 1) Train regularly to be able to successfully complete your course objectives. We recommend a minimum of 40 minutes per week upon course completion.

- 2) Distance Study Students: You must video tape and submit your physical skill set requirements as outlined in your checklist and or plan a visit to our HDQ. in Miami, Fl. for evaluation and feedback.
- 3) Complete the written exam.

We are here to assist and support, but YOU have to do the work! I believe in you 100% and you CAN do it!

Training Objectives:

- To introduce tactical self defense concepts and strategies to enhance your awareness and self defense IQ.
- To introduce the theoretical and physical ACSD Cane Self Defense concepts so you develop a solid foundation for future training.
- To give a solid grasp of the 5 Powershot Template so you are effective with the cane by the completion of the course.
- To give you solo drills and exercises so you retain and refine your skill set and increase your PSA with the 5 Powershot template.
- Put you through a live scenario so you get an opportunity to experience the power of the Cane under duress and let your nerve system feel that you can and will survive an attack.

Reality Training

For your training to be effective under the stress of a real encounter, three components of your training must be observed:

- 1) Your training needs to be progressive. Always improving, never stagnant.
- 2) Regularly testing yourself under duress via live scenarios and pressure testing.

- 3) You need to be evaluated, corrected, and retain the information and skill set.

Training Components: How To Train To Be Effective On The Street

At the core, you want to constantly be evaluating and improving your skill set. Revolving around the Core are:

Mental Applications: Decision making

Principles: Verbalization, talking, being loud and disruptive.

Physical: Applying techniques and strategies to survive.

Reality Check: Stress/Freeze Response

When confronted with a potential threat, most people not trained will respond with a paralyzing primal fear. It may be the last emotion you experience before a tragedy or even death. This fear which can also be accompanied by denial and panic cause you to go into a freeze response. The reality based self defense training offered in this course can be priceless as it prepares you physically and mentally to respond appropriately. The adrenalin hormonal stress response will interfere with your physical coordination. Hence, the techniques and applications you train in should take this vital factor into consideration.

Who Will Be There For You?

God forbid, you find yourself in a violent confrontation ask yourself: "Who will be there for me?" Law enforcement? Your untrained family members and friends? Spectators? The only answer is YOU. When reality hits, you will find yourself alone and caught off guard. It's a

dreadful feeling especially when you don't know what to do. Fortunately for you, this course prepares you so you won't be another statistic. Your most important self defense asset is your awareness. Prevention is your priority. If you can't prevent it, then you must survive it.

Safety First

The Cane is a very unforgiving tool in training and defense. If you're training earnestly, you will eventually get to feel why it's an impact tool par excellence. Safety has to be top priority for yourself, training partners, students if you're in a teacher or leader capacity and even inanimate objects. The following safety points must be followed when training in ACSD:

- 1) ALWAYS clear your Cane space first.
- 2) If practicing maneuverability drills and/or solo Powershots or associated drills (i.e. lines etc.) do so in an area clear of anything you can break or damage if you lose control of the cane. Training Guarantee: *Everyone who trains, drops their Cane. The better you get, the less you'll drop it, but no one is exempt.*
- 3) When training with partners, it is ideal to use a Cane Drone (padded cane). Contact ACSD HDQ. for availability.
- 4) Training partners should always be padded. Head, forearms, and shins are recommended.
- 5) GO SLOW. Even if you're using a Cane Drone and your partner(s) is/are padded. This is especially important if they are not.
- 6) Always keep communication clear between instructors, students, and spectators. Be particularly mindful of your space and make sure no one is walking behind you or in your blind spots while you're working the cane.

- 7) Spectators who have canes in hand, should have the horn (see Cane Anatomy) facing away from them to deflect any cane that may come flying at them.

ACSD Perspective On What Constitutes Self-Defense:

When most people think of self defense, they automatically think of a physical altercation. However, real self defense, ideally involves zero body contact. The ability to prevent a physical confrontation is paramount. Whether it be via observation, awareness, or talking yourself out of it, always go the prevention route. If you cannot prevent it, then you must survive it. Surviving doesn't always mean having superior empty hand skills or being bigger, faster, stronger.

Imagine you're at your favorite diner enjoying a meal with your family and you're all sitting at a booth. Fellow who's inebriated stumbles by on his way to the bathroom, trips over the edge of the table as he's passing your booth and believes you tripped him. He immediately let's you know, you explain otherwise and apologize to water down the situation. He doesn't accept your apology and proceeds to put his hands on your lapels to either pull you out of the booth or punch you in the face. He's a big guy and one shot could seriously hurt you. In a split second, you realize you have a fork and knife as utensils within reach. Instead, you quickly fling the bowl of hot soup your wife ordered in his face and as he screams in agony you quickly escort your family out the back door exit. That folks, is ACSD style self defense. It requires mental alertness, flexibility, and resourcefulness. Tools create leverage. In this example, the tool was the bowl of hot soup.

Combative Hierarchy

Our society is enamored with empty hand skills. Most martial arts and self defense courses focus on empty hand skills primarily. I believe empty hand skills are a must and ACSD teaches the empty hand *translation* of just about every application we have with a Cane. However, consider that many if not most of the physical assaults in the U.S. involve a weapon. Here's combative reality: The individual trained with a weapon will always have an advantage versus an individual trained in empty hand skills and no weapon. Always.

Here's The Combative Hierarchy:

- 1)Firearms
- 2)Edged Weapons
- 3)Impact Tools
- 4)Empty Hands

The hallmark of the Robaina trained ACSD practitioner is the understanding of the Combative Hierarchy, respecting the legal confines of the society in which he/she lives, and aiming to never get caught in a potentially life threatening situation empty handed.

In other words, the ACSD practitioner is mindful to always have his Cane and/or other tools handy in the event he finds the need to defend himself or his family.

ACSD and Legal Aspects of Self Defense

ACSD does not offer legal advice. Always consult your attorney. That being said, if you fear for your life, you must defend yourself. The Cane is a medical/walking aid that is legal to carry as such. The method of self defense ACSD teaches focuses on incapacitating an aggressor who presents a physical threat and dissuading further attack

to survive the situation. We do NOT teach the irresponsible use of aggression with a Cane, or otherwise, nor do we advise excessive use of force with fatal intent. If God forbid, you ever found yourself forced to use your self defense skills with or without a tool it would be because you feared for your life.

What If I Have No Previous Self Defense Training?

Perfect. You get to start with an “empty cup”! If you do have previous martial arts or self defense experience, it may help you. You will find this course however, to be different. Extensive skill sets are fine as long they can be applied under duress and don’t work against your natural stress response. We believe the skill set and concepts in this course can be successfully learned by teen-agers as well as experienced martial arts instructors, the out of shape, women, and the mature population. Equally important is that the skill set, once refined, can be retained with regular maintenance training.

What If I Have Injuries?

If you have injuries, you may need this course even more so. Most injuries can be worked around. Focus on what you can do, not on what you can’t. Although beyond the scope of this course, musculoskeletal injuries can often be helped by strengthening the tissue in question.

What If I’m Out of Shape?

Then start getting in shape! Although you do not need to be in great shape to defend yourself with a Cane, getting in shape will only make everything better. As a degreed exercise physiologist, I can tell you, it’s never too late. ACSD offers an exercise and conditioning method with the use of the Cane for home study as well.

Live Scenario Training: Why It's So Important

Once a functional self defense skill set has been developed, it must be trained under the similar stress of a real life altercation to be truly effective when needed. That's where live scenario training is so valuable. Live scenario training was integrated into ACSD courses from the work and life experience of Chris Sutton; a world class tactical self defense instructor, former prison guard, street cop, and sheriff. Mr. Sutton developed Live Scenario training drills to "trick" the brain and nerve system into thinking it is in an actual life threatening situation yet carried out in a safe environment. If you never train under pressure, how can you feel confident in a real life incident? You likely will panic, get hurt, make a poor decision or worse, lose your life. Reality can lead to denial and paralysis. You know how you want to move, yet the freeze response doesn't allow it. Your assailant (the bad guy) however, can. Live Scenario Training prepares you to control the exaggerated response so you don't freeze or panic.

Scenario Evaluations: Your Honest Assessment

The purpose of the scenario evaluation is to provide an accurate assessment of your self defense effectiveness in various areas. What doesn't get measured tends to stagnate. Improvements can be made when your abilities are assessed.

There is no pass/fail system during your evaluations. Performance is based on a point system that lets you know where you need improvement. It allows you to seek assistance or refine skill sets.

It's a great idea to keep a written record of how well you do as you progress in your training.

Please note that in this home study course, we are giving you the rules of engagement and giving you what will happen in the scenario. Unfortunately in a real encounter you will not be given a heads up or

second chances. It is vital that you assess yourself honestly as we outline. This will give you the best quality experience maintain the high standard and integrity of the course.

Your Confidence and Ability

The confidence you gain from this course is empowering. Having the ability to survive a violent situation is a feeling unlike any other. You will develop your confidence to the degree you train, assess, correct, and retain. Do not however, mistake confidence for ego. While ego cannot protect you, the confidence you gain through developed skill and ability can. Ego can get you killed in a street altercation as it can have you underestimating your assailants ruthlessness and ability.

The following two scenarios are common in today's society and happen every day. In both examples, the individual has never been in a life threatening situation. The difference is the individual in the second scenario has taken this 52S course.

Scenario A

Tom, a 37 year old is exiting his favorite diner about 7:30pm.

He is parked across the street in metered parking. As he crosses the street he notices a suspicious looking individual sitting in a car parked behind his. Tom walks to his car, avoids making eye contact as he proceeds to unlock his car door. The stranger approaches Tom and asks for change for his meter. Tom apologizes and says no. The stranger moves in on Tom who pretends not to notice as he tries to get in his car. The stranger aggressively grabs Tom and slams him to the ground as he begins to pummel him unconscious. Tom has been robbed and his car is stolen. The stranger is never caught.

Scenario B

In this scenario, Tom is carrying his Cane. This scenario is the same up to where Tom walks to his car. This time Tom notices the suspicious looking stranger in the car parked behind his and looks directly at the him. As the stranger gets out of his vehicle, approaches Tom and asks him for change, Tom apologizes, says no, and chokes up on his cane. As the stranger moves in, Tom takes a step back creating greater distance between them. The stranger lunges towards Tom who takes another step back as he uncorks a PS5 (powershot 5) to the stranger's right clavicle as he yells " Stop, Back Off!" The stranger collapses to one knee as he reaches for his right shoulder in agony. By now, people who heard Tom's yelling have gathered to assist while someone called the police. As the authorities show up, the stranger is taken in custody and charged with battery. Tom is unharmed and nothing stolen.

So, if God forbid, you ever found yourself in this situation, which Tom would you rather be? Clearly, the difference is, in the second scenario Tom is trained and prepared with his Cane. He made eye contact throughout, wasn't in denial, never gave his back, and responded confidently with his handy tool.

Awareness at all times remains your number one tool for self defense. Training to physically and mentally respond appropriately under duress is paramount.

Anatomy of An Attack

Awareness: Where are you?- Who is around you? – Environmental conditions- Your ability to defend yourself-Are you carrying tool(s) for leverage/ - Suspicious circumstances – Gut feeling

Alarm: Recognize you are in a threatening situation – Sympathetic Overload: pupils dilate, heart races, rapid breathing, appetite shuts down – Tunnel vision – visual and auditory focus – Decision making

ability impaired – physical coordination impaired due to adrenalin response and fight/flight/freeze response

Action: Can you remove yourself from the situation (run to safety)?
– If not, you must survive – Overcome panic/paralysis- Attack despite fear – Apply skill set augmented by adrenalin rush –Incapacitate enough to discourage further attack and threat from assailant.

Action vs Reaction

The Golden Rule is: Action is ALWAYS faster than reaction. Always. The Cane gives you the “quick draw” advantage. Since it’s not concealed, there’s no functional delay. However, the being first advantage and economy of motion require training and practice.

Controlling Fear, Panic, And The Freeze Response

Fear and panic in response to a real life violent encounter, can cause you to freeze. You have felt similar, if you’ve ever had to give a speech to a big crowd or been involved in an important sporting event. Now take that feeling of nervousness and magnify it times 100 when your life is hanging in the balance. This course is about controlling that fear and using it to your advantage.

The Five Powershot Template is a skill set designed to work with that fear and adrenalin response. You don’t want to completely eliminate fear, nor will you be able to. You want to leverage it and take advantage of the increased strength and decreased reaction time.

So how does the training in this course get you overcome your fear so you don’t panic and freeze under duress? By testing yourself in Live scenario training. It tricks your brain into thinking you’re in a real

situation, yet you get to carry it out in a safe environment. Remember the first time you rode a roller coaster? You see a photo of yourself and your face may denote panic. You ride that roller coaster a couple more times and all of sudden you're posing for the photo. Your nerve system starts getting conditioned to the stressor of the unknown. So when you train in a realistic manner, your mind and body will be familiar with the stressor allowing you to react appropriately in an encounter. You will be able to work through it instead of shutting down. Being in control of your emotions and actions during a crisis gives you a huge advantage in any situation. With proper training, fear will be an emotion that prepares you to overcome, not overwhelm you to your demise.

The Criminal Mindset

Here's what you need to know about how the "bad guy" thinks, looks, behaves, and what motivates him to commit violent crimes.

- Most criminals look like everyone else.
- Anyone can get attacked at any time. However, criminals prey on what they perceive as "soft targets". Typically, women, children, seniors, the injured.
- Criminals don't want to work hard to commit the crime.
- Most criminals will not follow through if they run into complications (i.e. hard targets).
- Once they target their prey, criminals do not expect their victims to offer resistance or fight back. They prey on fear.
- Most criminals don't have a plan B.
- Criminals are under the clock and will abort their plan if it starts taking longer than expected.
- The daily decisions you make as you go about your day can determine whether you will be targeted.
- Only 5% of the population commits most crimes.

- At some point in your life, you may have been targeted unknowingly. The smallest action you took, may have prevented the attack.
- Carrying yourself with a strong and confident demeanor, cane in hand or not, can decrease your chances of being a victim.

Does Carrying A Cane Make You A Softer Target?

The simple act of carrying a Cane will not make you a softer target. How you walk with that Cane and carry yourself, whether you make eye contact, and how you project your voice all contribute to your Command Presence. If you walk with a limp, shoulders hunched, looking down, failing to make eye contact and regularly make decisions that make it easier for criminals to target you, you will be perceived as a softer target regardless if you carry a Cane or not.

This course trains you so in the event you do find yourself in a violent encounter and you are carrying your Cane, you will immediately register as a hard target in the mind of your assailant.

Your Self Defense Cane + 52S Training = Hard Target

Your Cane and 52S training make life difficult for your would be assailant because:

- 1) You fight back with an equalizer which is unexpected, surprising, and possibly even shocking to your assailant.*
- 2) You are loud with verbals which calls attention. He prefers you be quiet and cooperative.*
- 3) The reach advantage your Cane gives you, creates distance between you and your opponent which makes him think twice about furthering the attack. This elongates the time of the encounter and he doesn't have a lot of time.*

- 4) *The Powershot template whether you make contact or not let's your assailant know you mean business with your Cane.*
- 5) *The combination of being loud while swinging the Cane aggressively is a powerful deterrent to your assailant.*
- 6) *If you deem your life is in danger and you do strike your assailant with your Cane as this course teaches, it has the potential to instantly incapacitate your aggressor.*

Your Awareness and Threat Recognition

The most important tool in your self defense toolbox is your awareness. Your awareness will allow you to recognize a potential threat and that's 80% of the battle. To be clear anyone who is attempting to intimidate, deceive, control, or cause bodily harm is a threat. Anyone who lies or steals with the intent to victimize you or your loved ones in any way represents a threat.

So who can be a threat? Anyone with a criminal intent. This includes men, women, seniors, teen-agers and even children.

So how do you recognize a threat? You *profile*.

Profiling is what gives you that gut feeling that something isn't right. Here are some examples:

- An unexpected stranger knocking on your door asking for anything random.
- An individual waiting in line wearing winter clothes in the middle of summer, possibly hiding a weapon and hiding his face in a hoodie.
- A man driving around your neighborhood or elementary school sitting and watching you and/or the children. Criminals surveying for easy targets and opportunities.
- Two individuals approaching you in a parking lot trying to sell you something.

- An individual you had an argument with and is waiting for you outside the establishment.
- Someone you just met and is asking all kinds of personal questions regarding where you live, work, live with anyone, your schedule, whether you have a dog etc.

The Survival Mindset

If you can't avoid an attack, you must survive it. To survive an attack you must have a stronger will to live than the person attacking you. Hopefully you will never need to call upon your survival skills but if you do, you need to have the stronger will to survive. An attacker will not think twice about taking your family, your dreams, your future, or your life. You cannot control their actions, but you can be prepared to protect yourself and either dissuade their attack or incapacitate them to prevent further attack. Keep that in mind during your training.

When Confronted With An Attack, S.A.E. It!

An attack means your assailant has become physically violent, is attempting to gain control over you, and/or has put fear in your life. Your response is to:

Scream "help", "back off" and call attention to yourself. You MUST get loud!!!

Attack explode with your Cane with the intention to dissuade and incapacitate. Don't stop until the threat of the their attack is eliminated. You may even experience pain in the process. However, your desire to survive has to be greater than any pain you feel.

Escape get out fast. Don't stay there, communicate with anyone that may help. Whatever it takes to escape with your life. You

may need some patching up, but you won't show up in the obituaries.

How Much Force Do You Need To Defend Yourself?

The following definitions for the different levels of force are for educational purposes only and not intended to legally justify personal actions. They provide insight as to how much force you may need to use under different circumstances.

Verbal Assault: a spoken threat of physical violence which creates the fear that violence is imminent.

Aggravated Assault: to unlawfully and intentionally threaten by word or act, to bring bodily harm to an individual with a weapon or having the apparent ability to do so.

Non-Deadly Physical Force (Battery): to intentionally touch or strike an individual against the will of an individual, without a weapon and without the intent to kill, but with the intent to do bodily harm.

Aggravated Physical Force: to intentionally strike or touch an individual, with or without a weapon, with the intent to cause great bodily harm, permanent disfigurement, or deadly disability.

Deadly Force: to intentionally and unlawfully touch or strike an individual, with or without, a weapon, but with the intent to cause death, permanent disfigurement, or permanent disability (force that is likely to cause death or great bodily harm).

Self Defense and Your Legal Responsibility

There is always legal responsibility for anyone involved in an altercation. ACSD courses including this one, teach you to defend yourself in the event you fear for your life and are forced to respond in a physical manner. Your level of force should be enough to defend your life without causing unnecessary harm to others. You were not the aggressor and didn't cause unnecessary harm, therefore fulfilling your responsibility. Your responsibility is to survive and not get hurt. Period.

Should you be concerned with getting sued by anyone when your life is on the line? In the U.S.A. you have the right to not be victimized and to protect your person from harm. If you are fighting for your life, you shouldn't be thinking about getting in trouble. At that moment, your survival is the bottom line.

Joe Robaina Quotes:

"When I pick up that Cane, you don't look so big to me anymore."

"Always walk away from a fight, but never crawl away."

"Ideally, real self-defense involves no-body contact."

"If you're not dropping and whacking yourself with the Cane, you're not training."

"The Cane is an impact tool. It seeks bone."

"Rule #1: Cane on bone hurts. Rule #2: Unless you're flying around with a big S on your chest and a red cape, Rule #1 always applies."

"I don't just want you to master the Cane. I want you to OWN it. Like a Cane Boss."

What's Next?

Once you've completed this course and received your Certificate of Completion, you may choose to move on to the second Foundational Course which covers the following:

- *Surviving When You Don't Have Your Cane*
- *Empty Hand Skills–Must have if you're serious about self-defense*
 - *Cane & Empty Hand 12 Strike & Defend Zones*
 - *Empty Hand Translation of Cane Solo Exercise*
- *The Cane Juggernaut Strategy-Surviving the Knife Attack*
 - *10 Second Survival Scenario... plus Much More!*

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