

FEEDBACK FROM PROFESSIONAL TRAINERS & MARTIAL ARTS INSTRUCTORS WHO HAVE ATTENDED PREVIOUS PERSONAL DEFENSE READINESS INSTRUCTOR DEVELOPMENT & CERTIFICATION SESSIONS...

"The first PDR I attended was in August of 2002. The research from the first PDR was outstanding and provided me with valuable information. The second time I attended was the PDR camp held at West Point. The research and dedication that Blauer and his coaches provided were mind blowing. The information helped solidify my respect and passion for the training. The drills and demos were nothing but fantastic, and it helped me, as Coach Blauer puts it, "peel away more layers of the onion". If anyone has the means and opportunity to attend it is truly a must. Thanks to all the team members and Coach Blauer for their continued support."

Pat Berter
PDR coach
Training Team, Macon County Probation



"The initial PDR session was a "wall of information" that provided a roadmap and reframe as to how I viewed true self defense as an end user and more importantly as a teacher. It provided valid processes based in physical facts that allowed me to develop, trouble shoot and present all aspects of self defense in a manner that previously was based in "tradition without substance". The second PDR session which I attended had provided a deeper view of the system and allowed me to interact with other follow-up attendees and learn from their experiences with the information as it matured in its constant use leading up to the follow-up PDR. It also allowed me to hear Tony present certain information the second time and now that I had a greater foundation in the system, I gathered much more intellectual capital the second time than the first."

Joe Mullings
PDR Coach
Lead Instructor
American Mixed Martial Arts Center
www.amma.tv

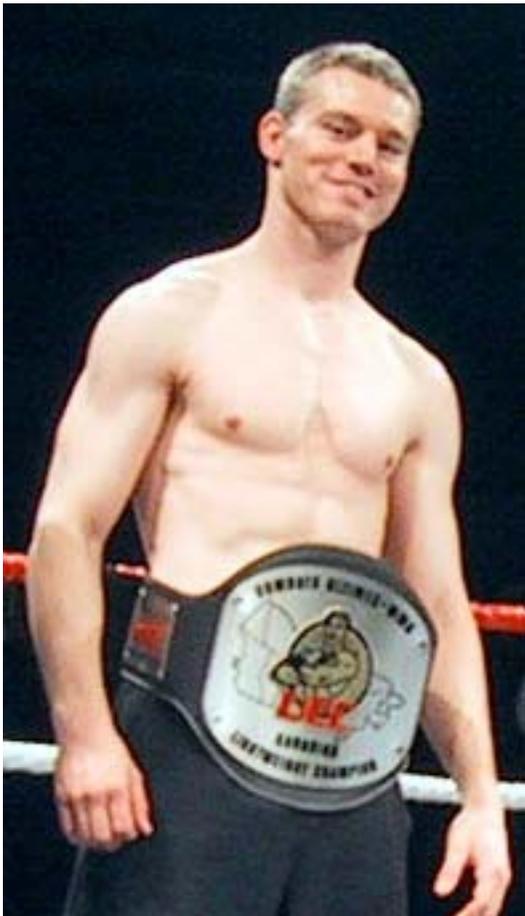


"The PDR is a life changing experience.

I had been involved with Tony for almost a decade when I attended the first PDR. After dozens of videos and audio and close to 50 hours 1 on 1, as excited as I was I didn't expect anything 'new'. Surprise :-). Things I thought I understood were rewritten in my mind over and over again. After the session old videos seemed to have new 'hidden footage' when I finally understood something I'd listened to for years.

I can honestly say I have never seen Tony teach when I didn't learn something new, usually at least 20 pages worth of 'new'. I swear he could teach the same material 100 times and I'd have new realizations every single time. Watching the evolution of the PDR has made one thing perfectly clear. Its growth is really about continual personal and professional evolution and understanding that true understanding is an organic process; not a result but a journey."

Phil Hughes
PDR Coach
Former UCC Lightweight Champion



"Following my first PDR weekend, I spent hours studying the seminar material. As questions arose, I corresponded with Coach Blauer and other PDR attendees. Soon, Coach Blauer's "uncommon sense" became clearer and clearer to me. The wisdom of his teaching and the genius of his system slowly became my own. Years of memorized martial arts "moves" were replaced with lightening fast instinctual responses. Where fear once existed, a vast psychological arsenal stood in its place.

Today, after several PDR weekends, I feel I am a far better "3 Dimensional" fighter. I train and prepare myself for real world violence emotionally *and* psychologically—not just physically any more. As a result, I am more aware, more prepared and more dangerous to bad guys.

I would never trade my decades of traditional martial arts training. I can say without exaggeration, however, that I found as much information, confidence and truth in a weekend with Tony Blauer as I had in a veritable lifetime of studying classical karate technique."

Gary J. Khoury
PDR Coach
International Karate Champion
Founder & Chief Instructor Khoury's Karate Academy
www.khouryskarate.com



"The first PDR I went to I had no idea what was going to happen. I really thought I was going to show Coach just how well I had studied the system, was I ever wrong! As all of you know who have been to a PDR it is really ends up being about how much you don't know.

When I went to my second PDR I was much more prepared for the experience. I knew I was going to learn as much as I could about the system from the source. I had time between my first PDR and second PDR to really digest the information. If you think there are light bulb moments the first time you experience a PDR, wait until your second experience. There was no way I could keep up with the information during my first trip (so I left with a lot of subject matter). The second trip really helped to solidify the information (the substance).

I would encourage anyone who has truly put his or her heart and soul into studying and teaching Coach Blauer's system to get back to Montreal and experience the PDR for a second time. "

With Safety In Mind,

**Rob Gebhart,
PDR Coach**



"During the first PDR session, I learned about the PDR system, tools and tactics and how they can empower effective personal defense for everyone. In the second session PDR, I began to understand how to make them my own."

Eric Flemming
PDR Coach
San Francisco, CA



"The initial PDR seminar was a life changing experience. PDR alters how you feel and think about personal safety. The PDR research is so unique the emotional, psychological and physical excitement of the first session can be a bit overwhelming.

The "Lego" configuration of Coach Blauer's SPEAR System touches off a series of paradigm shifts that are unavoidably contagious. When you know that you are experiencing the truth it's hard to be quiet about it, and that is exactly what happened to me. I attended my first PDR and was inundated with powerful and thought provoking ideas. Six months later, at my second PDR session, the ideas had solidified and a deeper understanding of them emerged. At this point I began teaching the SPEAR System exclusively in my school. By the third and fourth time I attended PDR, my physical and mental confidence was at an all time high. Not to mention that all my students had benefited immensely from the "Blauer Effect", and were passing it on to their families and friends.

**Dana Arcuri
PDR Coach
Bailey's Karate School**



"My first PDR was very overwhelming. Even though I thought I knew "all this stuff" I realized I knew next to nothing and was just beginning the journey. Each follow up session has done more and more to solidify that first experience as well as add to it. I feel like right now, I really understand what self-defense is and can teach it responsibly in my community."

Hal Pierce
PDR Coach



My fellow PDR coaches, and interested candidates:

I attended the inaugural Personal Defense Readiness instructor development course back in 2002. It was a 3-day weekend of information overload!! At the time, I was focused primarily on training martial arts for self-defense purposes, and what I learned in that 3 days was of far more value than any other training session I had ever attended. The principles, the concepts, the maxims and the stories told by Tony Blauer - all were very cool, all were interwoven and connected... and it all just made so much SENSE!!

So, when the 2nd PDR weekend was announced, I jumped at the chance to review the material, knowing that there was some information I missed 'cause I couldn't write notes quickly enough, or that - after having a chance to play with some of the drills - I needed to fine tune and clarify.

Well, the second weekend I attended was just as mind-blowing as the first. I felt like I was at a completely different course! You see, the depth of the PDR material is SO GREAT, that there is no way that Mr. Blauer can possibly impart it all into a 3 day training session! (3 weeks, MAYBE!) At the first session, I would estimate that we spent about 75% of the time taking notes and listening. At the 2nd course, it was the opposite; we spent a lot of time working drills, with considerably less time spent on lecture.

About a year later, I attended a third session. There was a new format, new evolutions to the drills to learn, and Tony was simply getting better at relaying and imparting the information. I probably learned the most at this session out of the three I attended; The first two gave me a foundation to build upon, and the year and a half or so of application gave me an experiential base to work from. I've also attended a BMF Certification weekend, one Advanced PDR weekend, and one Summer Camp. Out of all of those courses, that 3rd basic PDR weekend is what I probably gleaned the most raw understanding from.

For those who might be contemplating their first PDR training session: What are you waiting for?? JUST DO IT!! It'll be some of the best time and money you ever spent. Beyond the physical drills..... beyond the self defense training..... the psychological principles are so powerful, that I find I use many of them EVERY SINGLE DAY. Remember - Tony's company is called Tactical CONFRONTATION MANAGEMENT Systems. And that is just what every day life often is: Managing a series of continual confrontations and conflicts. We have confrontation in our private lives, in our personal relationships, and in our professional positions. The PDR is more than just a "how to fight" course..... it is a "how to deal with people on all levels" course. The PDR program has honestly changed my life..... in too many ways for me to count!!

Lastly, we all owe it to ourselves and our loved ones to have the absolute best material and drills to work from. For those who are actively teaching, we also owe it to our students to maintain a level of diligence in our continuing education within the system, in order to coach them the best that we possibly can. I strongly encourage each and every person who has attended a PDR basic instructor's weekend to follow it up with additional, regular training. You won't regret it, I know I don't.

Hope to train with you at a session soon!!

Adam LaClair
PDR Coach
www.teamadaptive.com



My first PDR Course experience was one of pure satisfaction and amazement. I had been exposed to some of Mr. Blauer's material through literature and video prior to attending this course, but never realized that it would take through the most intellectually stimulating journey of my life. There was a ton of information to sort through and organize once I left Montreal, much more than I had ever anticipated.

The second session I took was just 6 months later. I studied, trained and prepared extensively for this next course and never thought that my first journey would be expanded upon exponentially. All of the connections made from the inaugural session were substantially solidified by the material that dovetailed into what I had already been exposed to. My advice for those making it to their second PDR course is to free your mind once again and be prepared for more realizations that ever thought possible.

I make it a priority in my training to keep on attending the PDR sessions, the information and research evolves at such a fast pace, I never want to be left on version 2.0 when Team Blauer are already delivery version 5.0.

Robb Finlayson,
PDR Coach
Edmonton, Alberta

"Reflecting back on my first PDR experience, I would have to say the quality and the quantity of information made the experience extremely rewarding, but there is so much covered in such a short period of time that it is also somewhat overwhelming. There are so many new concepts and ideas that it is just not possible to absorb them all in one session.

I know that you designed the course this way on purpose because of your integrity. I remember hearing you telling one of the other Coaches that you always tried to get everything you could in, even though you knew it was too much, just in case the person attending would not be able to attend a second or third PDR.



The initial session took me through a whole series of realizations that I could NEVER have achieved by video itself. Not surprisingly, the feeling I had when I left the first session was one of awe.

After the first session I was armed with new ideas and concepts, but they were still, at that point mostly intellectual. The magic really started happening when I got back home and started training and teaching. My knowledge base had been broadened by the 'brain dump' at the PDR session. The training and teaching, along with constant review and note taking of the videos allowed me to start to go 'deeper'. Doing the drills, answering questions and challenging limits brings the information to life.

To continue this evolution, it is necessary to follow up with another PDR session. I was also fortunate enough to attend several seminars as well and each time I was amazed and challenged by what I would learn.

By the second session, I was beginning to learn how to connect the dots, or stack the 'legos', if you will. The second session reinforces what you have learned and allows you to ask better questions and further explore those areas that are still not clear or help you define where you are in fact off course.

Amazingly, the second session headache was just as bad as the first, but now the path was becoming clearer. The second and third sessions help to further refine and define the mass body of knowledge. Better questions can be asked. Better results both in training and in life can be achieved. If you are actually living the process and not just intellectualizing, you will find yourself moving past old 'perceived limitations and using fear as a spiritual guide.

Egoless training where the goal is to learn and evaluate will reinforce the validity of the system and how it works. I have become a much better father, husband and yes, Self Defense instructor as a direct result of my PDR experiences.

The PDR experience, whether the first or the fifteenth is priceless."

Thank you Tony,

Mike Suyematsu
PDR Coach
Lodi, CA