

in my Defensive Tactics course. Called the Foot Injury Simulation, it entails placing a small rock inside the student's shoe, then forcing him to defend himself despite the pain. To avoid

learn how to compensate for the temporary loss of the use of his limb—or he'll get pummeled.

When I teach my Terrorism Survival course, I cover the techniques stu-

ping in stage blood. Some of them smirk, while others think it's gross.

I include such graphic props in my training sessions not to make students think they're real but to get them used to grisly scenes. After a real explosion, there will be severed limbs and spilled blood everywhere. If they ever have to endure such an attack, the carnage won't be such a shock and they'll be able to focus on the business of surviving.

It's imperative that all students of the reality-based martial arts not only accept the likelihood of getting hurt in a real fight but also the necessity of training to defend themselves despite being injured and seeing injured people. If you don't and a real-life incident takes you by surprise, it'll be too late. ✕

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**“When the students lift their heads to assess the threat, they see the realistic body parts dripping in stage blood. Some of them smirk, while others think it's gross.”**

putting pressure on the handicapped foot, he has to modify his kicks and stabilize his balance in unfamiliar and often uncomfortable ways.

A similar trick involves using the student's belt to bind his arm to his torso. It simulates the hindrance that must be endured should an arm become paralyzed as a result of a gunshot wound or a deep cut. He'll quickly

dents need to survive a bomb or hand-grenade attack. Once they've got the moves down, I run them through a few simulated bombings. While their heads are covered and their eyes are closed to keep out flying debris, I have my assistants toss fake arms and legs around the room. When the students lift their heads to assess the threat, they see the realistic body parts drip-



**Jim Wagner (right) with several of his students and instructors in New York City after a realistic training exercise using stage blood. Jim Wagner is the first instructor in the world to introduce stage blood into self-defense training.**