



## Community Education

# Women and Girls' Self Defense

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**Location:** O'Connell Sports Center, Room 218

### **Course Description:**

We cannot train someone to a black belt level in a martial art in just two hours. However, assaults on women and girls begin in a very few predictable ways, and we CAN teach you how to deal with these. Statistics are often misused, but this one is very important: 86% of women who fight against an assailant get away. Learn about very specific and highly effective self-defense techniques that focus on empowering women to feel stronger, more self-assured, and able to protect themselves. Wear loose-fitting clothes and plan to remove shoes and socks. Pre-requisite: ability to lift 10 lbs., crouch, and rotate. Ages 14 and over. Students under 18 must have consent of a parent or guardian.

### **Learning Outcomes:**

- ❖ Learn how to recognize warning subtle signs and clues, and thus avoid assault and know how to escape from domestic violence situations. This is the *Gift of Fear*.
- ❖ Since realistically we cannot always control the world around us, but we CAN control ourselves, we also teach some extremely simple but powerful defenses against the ten most common forms of sexual and domestic violence.
- ❖ We teach how to get past the "ewww" feeling and aggressively defend yourself... in part by asking the question "Do you want to go home to your family tonight?"
- ❖ We teach the principles of Gavin deBecker's "Gift of Fear" – that when something doesn't quite feel right, *LISTEN* to those feelings and ask for help from strangers.
- ❖ We teach you how a very simple tool in every purse can make a *huge* difference.
- ❖ Finally, we teach the crucial police statistics that will give you the hope and the courage to know that you CAN defend yourself when necessary.

### **Your Objective #1:**

Understand how leverage and *Kuzushi* (physical and psychological unbalancing) always can overcome muscular strength. These are the basic principles of Jujitsu and MMA.

### **Your Objective #2:**

Understand that you do *NOT* have to accept a status as a weak and fearful person in society. With training, a small woman can do truly devastating things to an attacker.

### **Your Objective #3:**

Understand that you will never fight to defend yourself from your cerebral cortex. Thus, this course involves a LOT of repetition to build in natural reflexes – your muscle- memory - so that when your worst nightmare finds you, YOU will respond immediately, and with calm ferocity. You will go home realizing that you do NOT have to live your life in fear and worry.

### **Your Objective #4:**

Understand what you need to do in an Active Shooter situation. Reinforce what your kids are now being taught in schools. We will review the Four Rules of Firearm Safety taught in all Concealed Carry classes – and what they imply about firearms in schools.

### **Selected Bibliography/Resources: These are NOT required, but VERY informative:**

- ❖ Gavin deBecker's "Gift of Fear" (who the movie "The Bodyguard" was about)
- ❖ George Kirby's "Jujitsu - Basic Techniques of the Gentle Art, Expanded edition"

**Class Evaluation:** Class evaluations are sent by email. Sometimes the email will be delivered to your "junk mail," but we can assure you it's from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email [Continuingeducation@clark.edu](mailto:Continuingeducation@clark.edu) or call 360.992.2939.

### **Inclement Weather:**

If the College cancels due to icy conditions, you can find this on the college website [www.clark.edu](http://www.clark.edu). If Community Education concludes that the weather is too hazardous, we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

**Looking for classes? Visit our Community Education webpage:** [www.clark.edu/cce/](http://www.clark.edu/cce/)