



## Instructors/Facilitators

**Jack L. Amsell** - Over 40 years of martial arts training specializing in Taekwondo, Karate, Kendo, and Hapkido. Founded the WSDC in 1988.

✉ [jlamsell@comcast.net](mailto:jlamsell@comcast.net)

**Lisa S. Amsell** - Over 19 years of martial arts training specializing in Taekwondo, Judo/Jujitsu, Aikido, and Hapkido. Became an instructor in 1994.

✉ [SGR1220@aol.com](mailto:SGR1220@aol.com)

**Mary M. Sorensen** - Over 10 years of martial arts training. Became an instructor in 1993.

✉ [mmsorensen@sbcglobal.net](mailto:mmsorensen@sbcglobal.net)

**Gayle A. Stephan** - Graduate of the WSDC. No prior martial arts training. Became an instructor in 1995.

### The Instructors' Roles:

- ♦ To help you increase your awareness of your environment.
- ♦ To help you to say "NO!"
- ♦ To help you to assert yourself

*If, either before or during the course of the class, you have any problems or concerns, physical or emotional or whatever, please let one of the instructors know. We will not force you to do anything.*

## Our Purpose

The purpose of this class is to provide every woman with the opportunity to realize her potential for self-defense, regardless of age, physical condition, or other limiting factors. We wish further to do so in as safe yet realistic an environment as possible.

### Things we are providing:

- A safe environment.
- Non-threatening "woman-to-woman" teaching.
- As much realism as possible, consistent with safety.
- Women helping each other and creating a support network.
- This is a serious business; it is NOT a game for anyone involved.

## Come to Class Prepared

- ✓ Neatly trimmed nails
- ✓ Comfortable clothing (e.g. sweats)
- ✓ If medication is or may be necessary, please bring it with you
- ✓ Water is strongly advised
- ✓ For safety reasons, please do not wear shoes in the class

*Our next scheduled class is:*

**NOVEMBER 19, 2005**

### *Location:*

**Boeing Employee Activity Center  
Building S30  
2260 E. Imperial Hwy.  
El Segundo, CA 90045**

# *Women's Self-Defense & Empowerment Course*



### *Contact Information:*

 **(562) 865-2724**

## Introduction to the Women's Self-Defense & Empowerment Course

Interest in women's self-defense training comes and goes whenever some highly publicized event catches the public attention. Whether it is a family massacre, a brutal rape, or a celebrity murder, people ask, "Could the attack have been prevented?" So, whenever there is a resurgence of interest is self-defense classes for women, the question always asked is, "Do self-defense classes really help?"

Many programs are taught by martial arts instructors who try to apply their techniques to defense. The American Moo-Do Kwan (AMK) believes that a course that focuses primarily on physical techniques without emphasizing the psychological component of self-defense will not prepare the student for successful defense. There are several reasons why martial arts techniques fail. First, it is important to understand that attackers, whether muggers or acquaintances, are not honorable people. Martial arts technicians learn to fight in an honorable way. Second, many techniques learned in a martial arts school are too complex to be perfected by the occasional self-defense student. Third, women are not socialized to be able to hurt another person. Cultural biases are very difficult to change. Finally, and most important, the majority of courses taught currently are not realistic.

The AMK Women's Self-Defense Course (WSDC) does not advocate the concept of "model mugging", the wearing of padding and protection by attackers, as being a valid training method. The AMK believes that wearing the padding does not simulate realism, rather, it protects the attacker. *Model Mugging* courses seems like a good idea, as the attackers wear protection, allowing the participants to go all out. In fact, that is a misconception.

Yes, the women will go all out on a padded attacker. What about an attacker who is not padded? We have seen, from experience, that most women freeze up. Training with a padded attacker does not give the right visual cues to a potential defender. In our program, the simulated attackers wear no protection other than a groin cup. Our attackers act very aggressively to psychologically shake-up the participants. On the other hand, attackers are trained to take a beating without hurting the women. That

kind of training is very hard, but it is effective. At each session, returning students often report that the training worked for them.

Equally important to realism is the understanding that any attack against a woman is an act of violence. Few people understand the psychology of violence. Violence is about control. People use violence to either control another person, or it is an emotional reaction to the feeling of a loss of control. Violence becomes the great equalizer to the perpetrator. The Women's Self-Defense training program instructors, all women, use techniques more often used by therapists. Over more than a decade of classes, we discovered that about fifty-percent of the women in the class were trying to work through some past abusive experience. As a result, the course was modified early on to give psychic support to those attendees. Now, the course is as much about empowering women as it is about self-defense.

The program advocates several key concepts: One, don't be a victim. All law enforcement authorities recommend avoiding trouble rather than having to extract yourself from it. Two, have a sense of self sacrifice. If you plan to defend yourself, then you must be prepared to get injured or even killed in the effort. Three, if you must defend yourself, have full commitment. Similar to point two, once a person has decided that self-defense is necessary then the effort cannot be stopped until the defender escapes or, failing at that, that the attacker is disabled or killed. Four, each woman has the right to defend herself. This is one of the more difficult points for women to accept. There are a multitude of stories about women who allowed their partner to abuse them, even to death. Finally, we say, "No one has the right to touch you without your permission." This is a very difficult cultural bias for women to overcome.



## Fundamental Concepts

### Course Objectives

Maintain Calm  
Immediate Response  
Escape From Attack  
Stun the Attacker  
Disorient the Attacker  
Guilt Free Self Defense  
Awareness  
Realism

### Motivation For Training

#### *Those Who've Been Attacked*

Knowing What to Do  
React Better

#### **Psychological Attitude**

Feeling Paranoid  
Prevention

#### *Those NOT Attacked*

Defending Oneself  
Feeling Paranoid  
Fear of Attack  
Feeling Vulnerable  
Loss of Control  
Injury  
Doing the Wrong Thing  
Other Reasons

#### *Curiosity*

#### *Join Friends*

#### *Supplement to Martial Arts Class*

### Key Concepts of Defense

Don't Be a Victim  
Self Sacrifice  
Full Commitment  
**You Have The Right!**  
Permission

***No one has the right to touch you without your permission!***