SO WHY SELF DEFENSE?

IT WORKS!

By learning self defense, you can learn how the power of your body and your voice can help protect yourself, your friends, your family and your community.

BUT IN AN IDEAL WORLD

We wouldn’t need self defense! Because we wouldn’t have a culture that encourages hateful attitudes like:

- Homophobia
- Racism
- Misogyny
- Sexism
- Xenophobia
- Transphobia
- Islamophobia

So while you’re busy breaking those down take time to learn these moves, brush up on your verbal de-escalation skills, and build muscle memory by practicing with your friends.

VERBAL DE-ESCALATION:

USE YOUR VOICE

The #1 goal of self defense is de-escalation. Your voice is a really important and powerful tool! We are socialized to be quiet, so you should practice making your voice LOUD.

Try shouting: NOOOOOOOO

WE’RE SERIOUS

In stressful, unexpected situations, your body won’t do things you’re not used to doing. That’s why you have to practice yelling, so you can alert bystanders that you’re in danger.

ALSO, TRY THE BROKEN RECORD TECHNIQUE

Here’s a really easy trick. If somebody starts talking to you, and it’s bothering you, you just say the same phrase OVER AND OVER AGAIN and physically remove yourself from the space – turn your back, walk away.

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WE RECOMMEND SAYING

Have A Good Day

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