



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

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Women's Health and Safety Information

Your Body is an Instrument of Power

A Woman's Self-defense Seminar *presented by: Adam J Kinowski

Objectives

To increase one's awareness and understand the various types of violence by known adults, strangers, and peers, as well as strategies for preventing it.

Types of Violence

There are many types of violent acts; however, verbal assault and physical assault are the two that will be discussed.

Prevention: *Yes... You Can*

First, stay aware of people in your surroundings. Second, stay with people, go to people. Third, keep a barrier between you and the bad guy. Fourth, attract attention. Fifth, control his hips and his head. Sixth, use your strongest weapons against his weakest targets.

Emotional Courage: *You are a Character of Strength*

The ability to "flip the switch", turn on your willpower, fury, and cunning ways; so that you may explode into an indomitable fighting force.

- Become the attacker NOT the attacked.
- React immediately.

Physical Courage: *Channel Your Energy*

The ability to "freeze the space", turn on your hub of power and hit with your body.

- Focus and strike with stunning moves, to the eyes, throat, groin, and head.
- Drive through your target, with your hands, arms, feet and legs.

Safety Resources for Women:

You Already Have the Ability to Fight Back...It's Within You

If you are in immediate danger, call 911.



National Domestic Violence Hotline: 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY) available 24 hours a day/7 days a week.



National Sexual Assault Hotline: 1-800-656-HOPE (4673) available 24/7 for the nearest rape crisis center.



National Stalking Resource Center: 1-800-FYI-CALL (1-800-394-2255) M-F 8:30 AM - 8:30 PM EST or email gethelp@ncvc.org.



National Teen Dating Abuse Helpline: 1-866-331-9474 (1-866-331-8453 TTY) available 24/7 or connect with a trained Peer Advocate online at www.loveisrespect.org from 4 p.m. to 2 a.m. daily (CST).

- www.dr-ruthless.com (Voted BEST Women's Self-defense, 2008).
- www.ovw.usdoj.gov (Office on Violence against Women).
- www.cdc.gov/family/college/ (College Health and Safety).