

## Anti-Assault Program

### Active Avoidance Strategies with Meaningful Defensive Tactics

In our American culture, there is a tendency to become complacent and careless as the days, months and years pass if daily routines are established and few unusual incidents occur. However, in a single instant, a person's life can be permanently devastated by a violent crime.

One of the unfortunate facts about violent personal assaults (muggings, rapes, molestation, etc.) is that in many cases serious errors in judgment by the victim facilitate the process for the attacker. Most people, whether male or female, make little or no effort to learn effective and workable skills and tactics, which can help, minimize the possibility of ever becoming the victim of a violent crime. It is a mistake to believe that simply because a person is muscular, large in stature, athletic or just plain mean, they are well equipped to deal with the intensity of a violent crime or the paralyzing "lock-out"-effect often experienced when the brain is suddenly over stimulated by perceptive fear during an assault. Furthermore, violent crimes are not localized to any one group or place. Anyone can be a victim, at any time and anywhere!

In many cases, however, women tend to be the victim of choice for would be assailants. This is based upon the myth that women are "easier victims", because they are thought to be weak and less likely to successfully resist the assault. This reasoning is total nonsense, and many women become victims to violent crimes simply because they have never sought to acquire the knowledge and skills needed to effectively deal with the situation. There appears to be an illusion that self-defense requires complicated strikes, throws, kicks and other techniques requiring years of practice to perfect. Nothing could be further from the truth. Realistic and effective self-defense requires three things: (1) Knowledge of appropriate active avoidance strategies, (2) two or three simple reflexive distraction and counter techniques, (3) the determination to make them work.

Women and men who want to acquire workable and effective self-defense skills are often discouraged after having enrolled in and completed typical "Self-Defense" classes because the techniques taught were either ridiculously inappropriate, much too complex or simply useless. Very often no avoidance strategies were discussed, and the instructors spent most of the session demonstrating things so that the students rarely practiced anything. What a perfect way to destroy incentive and motivation in people seeking knowledge. This kind of negative experience is regrettably common and most unfortunate. There is, however, a viable alternative!

Hickey Karate Center, located at 4540 Stow Road, periodically hosts its highly successful Women's Anti-Assault Program for men and women age 14 or older. This program is enjoyable, informative and very high quality. Call 330-686-4540 or email [LyndeeWolf@sbcglobal.net](mailto:LyndeeWolf@sbcglobal.net) for registration information. The enrollment is limited on a first come-first serve basis. Active avoidance strategies and realistic defensive tactics are worth learning.