Self Defense for Women: Fight Like a Girl
This is the most popular course taught in the series. It is centered on the "Stay with People" principle and covers the most common sexual assault scenarios. (*Sexual assault scenarios means the student will actually learn how to escape from the very same positions in which rapists carry out their attacks.) This module is especially effective for attacks in parking lots, parking garages and other areas where it is imperative that you not be taken to a secondary location where you can be raped and murdered. The innovative method developed here is to start students in the worst position possible -- the attacker has you pinned on the ground and is in between your thighs. (Once this concept is mastered, all of the other attacks seem easy by comparison.) Students learn to effectively defend against this position as well as chokes, hits, and grabs. They learn to escape the dreaded and deadly "blitz" attack from behind as well as how to defend their space and keep an attacker from conducting a successful "interview".

Self Supporting $30

Self Defense for Women: Girls on Guard:
This module centers on the "Go to People" principle and is probably the module most often taught initially in high schools and universities by instructors. The module covers date rape scenarios and provides the tactics and techniques students need to defend against an attack in a secluded area and escape to a populated area. It is designed to defend against attacks that can be perpetrated by acquaintances and, considering that 75% of all attacks are committed by someone who knows you, this module could be one of the most practical. Self Supporting $30

The cost was the price when it was last offered. This may change when it is offered next.

For more information, contact:

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