

Woman Power Part II: **WOMEN**

Self-Defense Options for

Woman
continued

Pulse Downtown, agrees with Tapp. She adds, "I feel much better able to defend myself since I've taken Tae Kwon Do. As young girls, we're never taught to fight, whereas young boys are, so we don't know what it feels like to throw a punch or avoid a punch. Tae Kwon Do has taught me how to get out of dangerous situations."

The goal in most self defense programs is to get away safely from dangerous situations, not beat an attacker up. In fact, Murphy of Streetwize emphasizes the importance knowing exactly how, when, and where respond to an attack, and that the appropriate response is never kicking an attacker in the groin! Although it goes against everything you've probably been told, Murphy states that kicking an attacker in the balls is not debilitating, only painful, and that pain can catapult him into an adrenaline-fueled rage that he will only use against you. Moreover, it's likely that if an attacker is on an adrenaline rush, a kick in the balls will not even be painful for him at all, only enraging. Streetwize teaches you other effective methods of self defense.

Trainer Charles "Mac" McPherson of **Front Range Boxing (303-547-9747)** agrees that the purpose of learning self defense is not necessarily to learn how to fight but to learn how to use your brain to get away from an attacker. He states, "we don't teach bullies how to be better bullies. We teach you how to out-think your opponent if attacked. We train women like boxers because boxing is a mental attitude and a discipline. Boxing trains you from your head to the tip of

boxer. What you learn here in the gym will transfer to the street. And with knowledge of boxing, you will be able to sense exactly what to do to avoid dangerous situation."

So despite any preconceived notions about these options, Mac states that the women who train at Front Range Boxing learn the art of boxing more quickly than the men. Wolchek states that women outnumber men at Karate America. Murphy states that self defense does not necessarily require strength or athletic ability. Violent crime is a reality. What are you waiting for?

by Jill Cohen

Other resources include:

Rape Crisis Center
443-0400

Women's Kickboxing
363-7205

Options Model Mugging
440-4008

Rocky Mountain Model Mugging
444-6994