



## Women's Forum - Self Defence Workshop

"I am worth fighting for!!" was the mantra of two power packed self defense sessions organized by Women's Forum at Noida SEZ office and Okhla office.

Pooja Agarwal, our trainer told us that all of us should have a strong conviction that we are worth fighting for. Pooja is from a karate school called Thousand Waves (and Seido Noida in Delhi), their model of self defense is called the "Five Fingers of Self Defense." THINK, YELL, RUN, FIGHT, TELL are the five fingers in order. Each finger corresponds to a collection of skills and techniques that can be used in any threatening situation:

### 1. Think

- Assertiveness – Present yourself assertively: in voice, body and eyes.
- Awareness – Violence can come from strangers, acquaintances, friends, and family
- Intuition – Listen to the messages your body sends about possible danger
- Attitude – Believe you are worth defending and that you can do it!
- Act – Take action! Try something! If it doesn't work, change strategies.

### 2. Yell

- Energy – Get energy flowing. Scare the attacker. Summon assistance.
- Voice – Set limits, enforce personal boundaries, take charge of the situation.
- Volume and Intensity – Adjust as needed. Show you're willing to cause a scene or show your ability to control the situation by communicating assertively

### 3. Run

- Escape – Run away. Avoid danger. Get off the elevator. Leave the relationship.
- Instincts – Trust them; Think "Why do I need to be safe?" NOT "What will they think?"
- Keep your Power – Believe that evasive action is brave and intelligent.

### 4. Fight

- Choose – Consider what is worth fighting for. Are there other options?
- Timing – Especially if they have a weapon. Pretend to cooperate to get them to put it down. When you choose your moment to respond, do not hold back!
- Connect – Your strong natural weapons to their weak vulnerable areas (especially: eyes, throat, knees and groin).

### 5. Tell

- Heal – If you have experienced violence, it is helpful to talk about it with someone you trust. It's never too late to talk.
- Break the Silence – Listen to others' experiences. Share your own. Know you're not alone in the fight to end violence.
- Share – Share self-defense strategies, information, and success stories with others.

Garima Chib

## Event Gallery



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