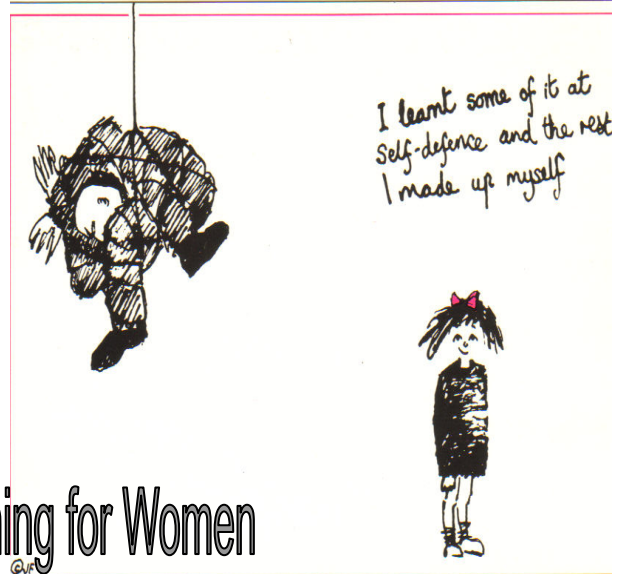


Wendo

Self-Defence & Assertiveness-Training for Women



- Interruption and belittlement in discussions,
- sexual harassment, molestation (sexist jokes, remarks, unwelcome touching or kissing - from strangers on the streets but also from clients, colleagues, "friends"....)
- sometimes fear on the way to or from school, work, cinema, ... - especially if one have to go in the darkness,
- if you have bad luck, you have to experience mobbing, stalking, physical assault, rape.
- And perhaps you may feel not as secure in Germany as in your home country at all, because you don't really have the feeling for your environment and the people like you have it at home.

Nearly every one of us knows angry or threatening situations – and has developed her own strategies to cope with it. **WENDO** can help, to check and update your precious ability to be your own "bodyguard".

We will start with **PREVENTION & ASSERTIVENESS TRAINING**: in our every day life most of the difficult situations we find ourselves in are situations in which we fortunately don't have to fight with our fists, but with our mind, voice and attitude. Also a physical attack often starts on a low level - if you can stop it there with an assertive response, often that will be the best way to protect yourself. Therefore we will make exercises for perception/"intuition", breathing, voice & body language and discuss: How to get help from others? Or: What's the best way out? Etc. Role plays will help to improve our skills. Unfortunately sometimes there are situations in which this isn't sufficient. So we will also train physical **SELF-DEFENCE**: simple but effective techniques with our body or with objects which are at hand in our daily life, tricks,

In theory & practise, serious & playful, we can improve our skills to defend and guard ourselves.

January 2010:
Friday evening, 8 th and Saturday, 9 th

