

SHIELD

Women's self-defense system

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Starting in the Spring 2008 Semester (Jan. 2008), Woodbury University in Burbank is offering Women's Self-Defense & Personal Safety course as a part of its Curriculum. This accredited college-level course was recently developed by SHIELD Women's Self-Defense at the request of Woodbury University.

Classes meet weekly for 2 hours, and the semester lasts for 7 weeks. The course focuses on teaching women practical close-range combat skills, to be proficient to fight in tight quarters using the core body strength to strike. The intention is to provide a 'safe-space' for women to learn practical and effective, full-contact combative self-defense skills specifically to eradicate sexual assault. SHIELD training exercises are geared toward achieving balance, correct body alignments, speed, recognizing distance, and focusing on efficiency of movements. This course also covers verbal defense, boundary setting, personal & dating safety tips, date rape drugs awareness, and signs to watch for in abusive partner relationships.

"The level of attentiveness that we have to give to each student going through SHIELD training is elevated in a college-level course as we have to give written assignments and grades to students. We pay close attention to each student's progress as she goes through the training. We make ourselves available to students outside of the classroom to ensure that no one is left behind. Therefore, the quality of skills that our graduates will possess is highly enhanced in a college-level course." - Nelson Nio, Founder of SHIELD.

Students were asked to keep a self-defense training Journal to record their experiences. After taking the first class of SHIELD at Woodbury University last week, one of the students, Yvette, wrote: "I wasn't expecting the class to be such a workout, but I really enjoyed it. We started by meditating to relax and to clear our minds. Then we practiced stances that kept us balanced and grounded. We learned how to switch our footing and move forward and backward quickly without losing our balance. Next, we practiced elbow strikes...Then we added a knee kick to the elbow strikes... The last part of class included learning how to get out of a choke hold and a wrist grab. This was my favorite part of the class because I felt I was learning something extremely useful... I learned that as a woman, I shouldn't be afraid to hurt someone in order to protect myself. I also learned that my voice can be just as powerful as my body. I felt empowered after class and I am excited for next week. I told my friends all about the moves I learned and how fun it was. Even though my muscles were sore after class, I expect to be more self confident and to feel more powerful after these seven weeks are over."

Another Woodbury student, Debbie, wrote: "My first class was a total workout. I never expected it to be like that. I thought we were gonna yell NO!!!, and learn a couple of different ways to fight. Including kicking of the crotch, and other typical things you think of when you are attacked by a man. I'm very glad it's not like that. The class surprised me when we learned very different ways to defend and fight... I was definitely sweating like I was working out. I know my classmates were feeling the same way. What we learned was how to defend ourselves in close situations and how to hurt someone when they are attacking you in a close range.... from the first class I at least know some things I would have never known otherwise. It is such a scary topic but its something that every woman should know. Women should be more open to take this class because it could help them in a tough situation."

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About Woodbury University

Founded in 1884, Woodbury University (Burbank, CA) is one of the oldest institutions of higher education in Southern California. It offers various Bachelor and Master degrees. The 22-acre residential campus is situated in the entertainment industry with nearby studios such as Disney, Universal, NBC, Warner Brothers and DreamWorks SKG.

An urban San Diego campus offers bachelor of architecture degrees and Master of Architecture in Real Estate Development degrees.

Visit: www.woodbury.edu

About SHIELD Women's Self-Defense System

SHIELD Women's Self-Defense System is a practical and effective self-defense "system" specifically created to empower women and eradicate sexual assaults & domestic violence. SHIELD trains in close range combat to be proficient to fight in tight quarters, using core body strength to generate power.

SHIELD teaches women's self-defense and personal safety for the Santa Monica Police, FOX Studios, City of Beverly Hills, Woodbury University, Glendale Commission on the Status of Women, and various battered women shelters and rape crisis centers.

New classes in Santa Monica start Jan 30, 2008 from 7:00-8:30PM (6-week course)

Visit: www.shieldselfdefense.com