



## LILBURN POLICE DEPARTMENT Women's Self Defense Program

The Women's Self Defense Program is dedicated to empowering women with knowledge to reduce the likelihood of becoming a victim of a crime. The program provides effective techniques and options to protect and teaches women to take an active role in their own self-defense and psychological well-being.

The Women's Self Defense Program is a comprehensive course that begins with classroom instruction in risk awareness, risk reduction, crime prevention strategies, and defensive concepts followed by hands-on training in physical defense techniques. Class instruction and demonstrations will allow you to decrease your vulnerability and give you a new sense of confidence and personal power. Class activities and discussions are designed to help women identify their risks, evaluate their strengths and explore their options for dealing with the threat of violence.

Physical self-defense is most effective when vulnerable areas of the body are targeted. Some of the skills taught will include multiple strikes to vulnerable areas, as well as escapes from choke holds, body grabs, wrist grasps, and defense techniques from the ground. Physical defense techniques that are easily learned, applied, and retained for all ages and skill levels are taught. Students have the opportunity to test their new self-defense skills in a simulated and controlled environment. The courses are taught by certified instructors; however, the program is not a martial arts program.

The Women's Self Defense Program is offered to women 21 years of age and older. As many students have stated, "This program is a wise investment of your time."

### Consider These Statistics:

- 90% of self-defense is in the prevention of an attack
- 90% of crime is opportunistic
- Acts of violence occur every 15 seconds in the United States
- Six million American women are abused each year by their significant other & 4,000 of those women are killed.

The only men allowed to be present in the class are the instructors. Husbands, boyfriends, and children are not allowed to attend or observe the program.

Many women want to take part in this type of training, but are concerned about the physical aspects of the course. The instructors take into consideration age and physical condition, promoting the safety of all participants. While no one can give you a 100% guarantee that injury will not occur, consider the following:

- To prepare for a possible assault, the training must be as realistic as possible.
- It's better to learn your limits and abilities in a controlled environment instead of in an actual assault.

### 2017 Class Schedule:

- May 18, 19
- July 13, 14
- September 14, 15
- November 09, 10

Please print the application and background consent form and submit in person or by mail to Lilburn Police Dept., 76 Main Street NW – Lilburn, GA 30047. You will be contacted via email once your application has been reviewed.

Classes are open for citizens that live or work in the City of Lilburn and are held on Thursday and Friday from 6:00 to 8:30 p.m. These classes are held at Lilburn Police Department's Auditorium, 76 Main Street NW – Lilburn, GA 30047.

### **Entrance Requirements**

Applicants for the Women's Self Defense Class must meet the following criteria:

- Minimum age of 21
- Live/Work in the City of Lilburn
- No prior felony arrests or crimes of moral turpitude
- No misdemeanor arrests within six months of the application

### **Selection Procedure**

The class is free of charge but students are selected through an application process. The names of the selected candidates are placed in the class until the maximum number is reached. Remaining applicants are then placed on a waiting list. Enrollment is limited to approximately twenty students per session.

For more information or to register for one of these sessions please contact Monica Sims at [msims@cityoflilburn.com](mailto:msims@cityoflilburn.com) or by phone at 770-638-2217.