

Self Defense for People with Disabilities

Have you ever had to defend yourself from an attacker?

Missing a limb or having a disability that limits your mobility can feel frightening when faced with today's violence statistics. Many individuals with disabilities are unaware that they may be at a much higher risk of being a victim of violence than their non-disabled peers.

Being in a situation where we have to defend ourselves can be one of the scariest things that could happen to us, particularly if you have a disability! If the unthinkable does happen, you should be able to respond and be able to make choices to protect yourself.

If you are interested in watching and/or participating in a self-defense demonstration at our annual Family Fun Day on Saturday, June 20, 2015, we would be interested in your feedback. If there is enough interest in this topic, we would like to kick things off with various demonstrations and training techniques. These techniques are designed to be effective against larger and physically stronger attackers. They include blocks, strikes, and releases from holds (arm holds, body holds, chokes, hair grabs, and situations where one is pinned to the ground), defenses against weapons, and more than one attacker.

People with disabilities do not need to be physically fit to learn self defense techniques; demonstrations and training will teach participants with physical limitations to use their mobility devices, their bodies and their minds to their best advantage.



Cal Schuler

Phone: 403-228-7419

Email: cal.schuler@sci-ab.ca

RSVP by: Monday May 11, 2015