

## *Empowerment and Self-Defense In Every Woman's Life*

These are great times for women to be out in the hustle and bustle of this fast-paced world. We are constantly contributing to every aspect of the future and all the wonders it holds. As we take these steps to becoming empowered and successful, by every meaning of these words, we can unfortunately put ourselves at risk. Just by being in the work force we are at risk from nonfatal or fatal violence. Nearly two-thirds of the injuries resulting from workplace assaults were women. Most of these assaults (70%) were directed at women employed in service organizations, such as health care, while an additional 20% of these incidents occurred in retail locations, such as restaurants and grocery stores. It is trying enough to keep up with today's demands but we must also keep our guards up for violence in the workplace, where we should be safe.

Now that we are out in the work force we must still deal with the everyday responsibilities of running a family or being in a relationship. For most of us, we would like to go home and relax at the end of the day. For many women, however, they are unable to relax or be safe in their own homes. For these women violence is the only thing waiting for them at the end of the day. In 2005, an estimated 389,000 reported women were victimized by an intimate partner (spouse, fiancé, boyfriend). These crimes range from verbal abuse, battery, rape and the only statistic one **cannot survive**, murder.

Many women who are in an abusive relationship did not pay heed to the warning signs. Common reasons for missing these signs: "He's just the jealous/controlling type because he loves me so much", "He's only like that when he drinks", "He would never **really** hurt me", "I had it coming to me", "His was abused himself". For many, there were red flags in the beginning of the relationship: does not allow you to make decisions, keeps you from your friends, controls what you wear and how you spend your time. These abusers do not want you to be a strong and empowered woman. They themselves feel empowered by victimizing women.

In my 15 years of Law Enforcement experience I have seen many women in these situations. It is because of these women that I founded The Women's Self-Defense and Empowerment Group. We strive to teach women how to take charge of their personal and professional lives through knowledge and physical empowerment. We give our students the foundation of women's self-defense techniques to protect their own lives and the ones they love. Our classes are taught to you in the privacy and comfort of your own home, office, church or school. Contact us today to empower the women in your life!!

*The Women's Self-Defense and Empowerment Group*

WWW.selfdefense4life.com

[info@selfdefense4life.com](mailto:info@selfdefense4life.com)

(805) 499-4356

Written by Retired State Police Officer Jodie King

(Statistical information taken from the US Department of Justice)