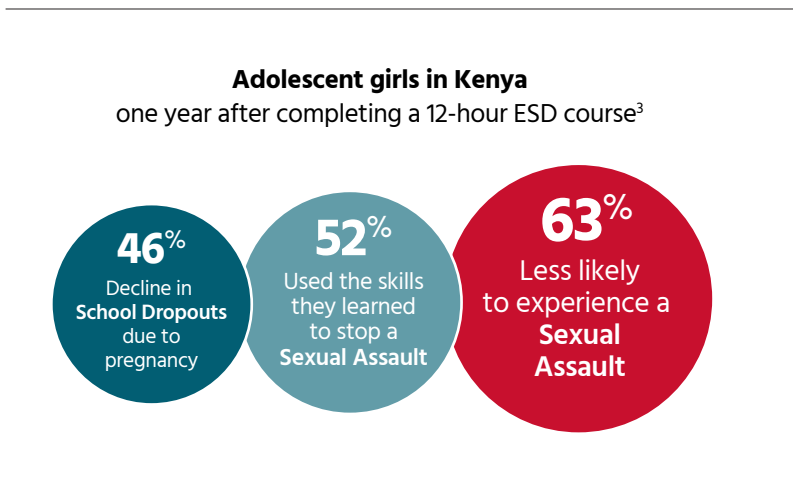
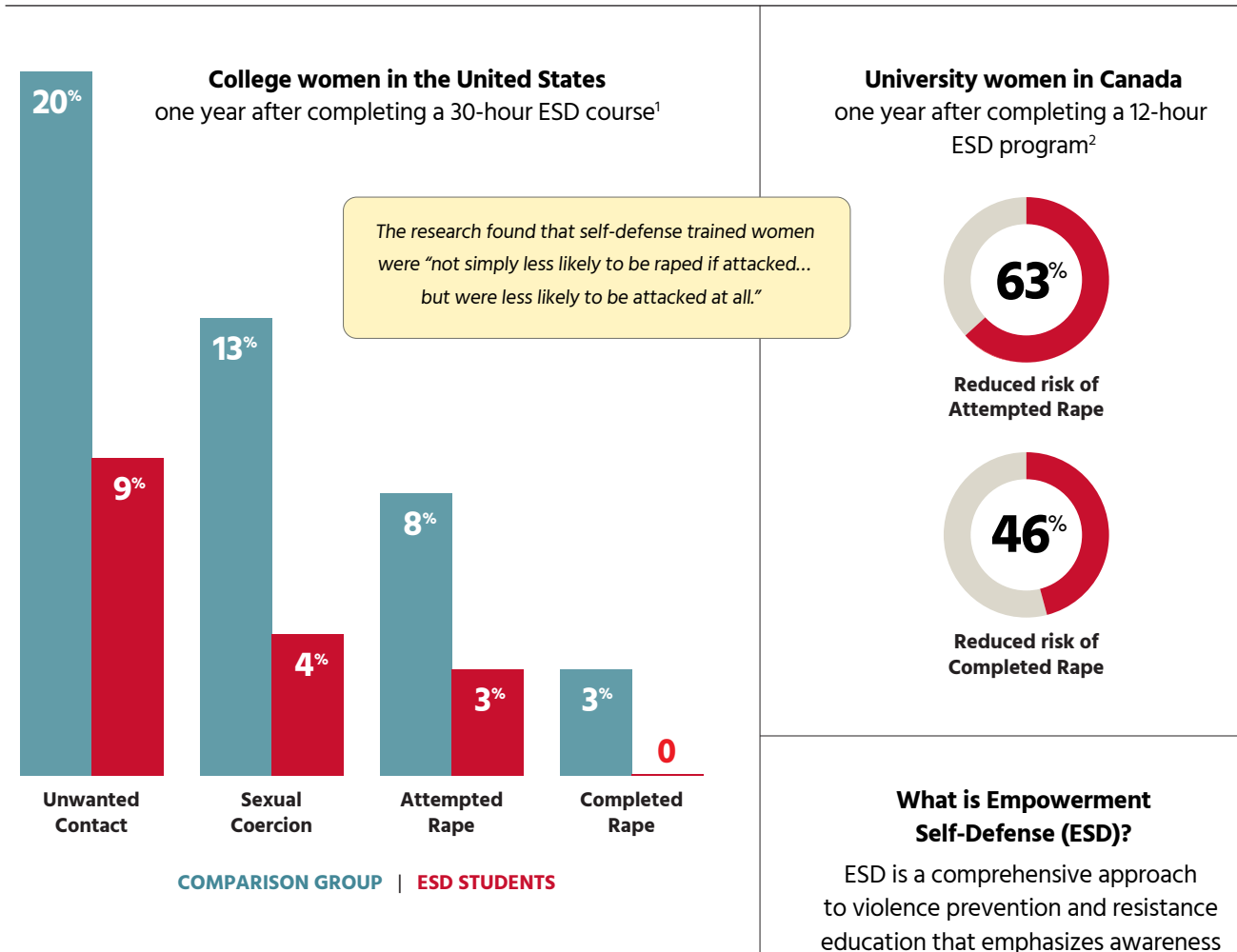


SELF-DEFENSE TRAINING REDUCES WOMEN'S RISK OF SEXUAL ASSAULT.

Empowerment self-defense training is the only sexual violence prevention strategy with solid evidence of effectiveness at reducing rates of victimization.

Recent studies reveal:



What is Empowerment Self-Defense (ESD)?

ESD is a comprehensive approach to violence prevention and resistance education that emphasizes awareness and assertiveness skills in addition to verbal and physical strategies. All of the strategies are easy to learn and highly effective in preventing or ending an assault. ESD classes are designed to empower women and build their confidence.

- National Women's Martial Arts Federation (NWMMAF)

¹ Hollander 2014 | ² Senn et al., 2015 | ³ Sinclair et al., 2013, Sarnquist et al., 2014, 2017