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OUT THERE**Victims no more**

*A Portland self-defense course teaches
women to stand up for themselves*

by Jessica Dubey

Bith Ballot Measure 13 coming up, and the confrontations that are sure to come with it, learning some verbal and physical self-defense techniques early would benefit everyone. One local martial arts center offers self-defense classes specifically for women, along with courses in martial arts for both men and women.

By the second week of a six-week women's self-defense course called Strike Back! The Basics, the women are hitting harder. At the end of the class, the women have an array of skills to protect themselves from danger. They can punch, kick and yell. They can stand up for themselves verbally. They are exhilarated with their newly discovered power. They are learning how not to be victims.

Strike Back! is a program of One With Heart, a school of Indonesian martial arts and self-defense located on Southeast Hawthorne Boulevard. One With Heart offers a wide range of courses for women and men of all ages and abilities.

Studies have shown that women who resist an attack have more chance of escaping than women who submit. The more strategies a woman uses (yelling, striking, running away), the better her chances. This information first surfaced in the mid-1980s in a study conducted by Pauline Bart, author of *Stopping Rape*. Amidst widespread belief in the myth that a woman should submit to a rapist in order to avoid worse harm, Bart demonstrated that women using at least three different

strategies escaped 80 percent of the time. Other studies have shown that women who use some form of resistance recover more quickly, both physically and psychologically, from an assault.

The Strike Back! program was developed by Janesa Kruse, owner and director of One With Heart, and Marian van Leeuwen, a professional self-defense teacher who developed government-sponsored women's self-defense programs in the Netherlands. These women have dedicated their lives to teaching the most effective self-defense techniques to as many women as possible. Kruse is a fourth-degree black belt in Poekoelan Tjimindie Tulen, an Indonesian martial art whose fighting style strongly influences the women's self-defense program. Van Leeuwen is a first-degree black belt in Poekoelan (pronounced poo-kuh-lon) who has over 10 years of experience teaching women's self-defense. All of the school's women's self-defense instructors are women with extensive and ongoing training in the martial arts, who have been trained by Kruse and Van Leeuwen in a two-year Self-Defense Teacher Training program.

Any woman can learn self-defense. In fact, many women already know and use many of the skills and strategies described in the course. But few women know how to physically fight back, and many do not have the confidence to be verbally assertive. The biggest obstacle is the societal belief that women *can't* protect themselves.

There are several components to the women's self-defense program at One With Heart. Strike Back! The Basics is offered as an 18-hour course

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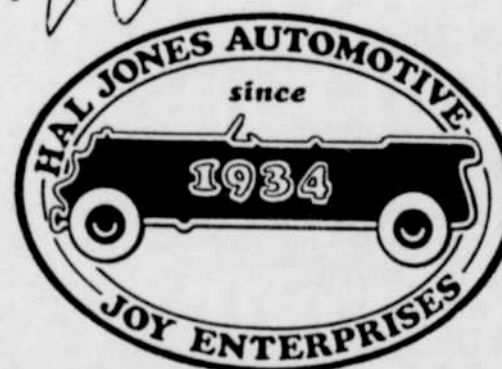
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