

that meets either one or two times a week. Women practice verbal and physical skills with partners and learn to hit on pads and bags. This course is available for women of all ages and physical abilities. Strike Back! The Course with the Padded Attacker is a one- or two-week-end intensive where women practice full-out hitting with a male attacker. This emotional course enables women to play out their deepest fears of assault, in carefully structured scenarios. The atmosphere is one of safety and mutual support, and the benefits—physical, mental and emotional—are tremendous.

All of the courses emphasize striking primary targets to stop or escape from a physical attack. Participants learn the strategies of self-

defense—both verbal and physical—and the skills to build awareness, strength and confidence. The idea is to give women options and choices to create their own self-defense, because every woman will respond differently to a given situation, and every choice is justified.

One With Heart is planning several special courses in the coming months. This September there will be a Basics course especially geared to large women. The verbal skills taught will address the kinds of harassment large women typically encounter.

In the winter, a course is planned for older women. Alternative techniques can be tailored for women with specific limitations, such as arthritis or back problems. This class will also focus more on addressing older women's fears of being

mugged and will include tips on prevention and ways to be less of a target.

A course for teen-age girls is slated for October. This will be an ongoing course which girls can join at any time. There will be an emphasis on verbal strategies, with lots of physical practice hitting to pads. The class will deal with situations such as bullies at school, dating violence, and conflict resolution with siblings.

One With

Heart offers self-defense training for men and children, too. The Cun Tao Self-Defense program is based in the traditional Indonesian martial art Poekoelan and teaches physical defenses against 104 common attacks, including attacks with clubs, knives, guns and rifles. There are Cun Tao classes for adults, teen-agers and kids, which are all coed.

For more information about programs at One With Heart, call 231-1999, or drop by the school at 4231 SE Hawthorne Blvd. Hours are noon to 9 pm Monday to Friday, and 9 am to 2 pm Saturday.



Janesa Kruse (left) training a padded attacker

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