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Issue of Self Defence Specially in Womens

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Introduction:

Self defense means to fight or struggle, & take effective realistic measures to defend oneself. The course is designed to help people with no previous experience & all fitness levels in the shortest possible time. All kinds of people of different age groups are encouraged to take this training. Through this, people have learned effective street proven self defense techniques in the light of modern military defensive tactics, first aid, PR, applied anti-rape and anti-hijacking techniques adrenal response and rear management, firefighting and mind control and meditation. It provides the highest level of training to deal with stressful situations and how to overcome fear and be able to utilize various safety and protective measures to ensure one's safety and protective measures to ensure one's safety and survival. It teaches those many tricks and helps them to be more aware of their surroundings thereby engendering confidence in female.

Self defense, especially for women, is of most importance in the kind of the world we live in today. Women usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self defense for women has become a necessity more than ever.

• **Why women take up self-defense:**

Jan, Jordan (2005) interviewed fourteen women all of whom were victims of some serial rapist. Each tried to resist during the assault, with eight using physical resistance having resisted and having this recognised was important for women, it means that they had 'withheld' something & refused to let the rapist exert total control over them. All of the women considered self-defense could be a strategy for coping with the aftermath of sexual violence.

Self defense has three components first, personal protection can best be understood in terms of three related qualities psychological intellectual and physical the psychological aspects involve your understanding and acknowledgement of the many criminal threats that exist.

The physical aspects of self defense

Finally, there is the physical aspect of self defense you must develop the appropriate capability for any given situation. Essentially, you need a wide variety of skills or street fighting techniques that can save your life.

Some tricks and quick tips for self defense

- Pretend to be submissive at first and fight back when the attacker is off-guard.
- Stay fit enough to run fast.
- Keep a check when walking on the road to avoid groping or chain-snatching from behind.
- Keep your purse to your front and walk paying full attention around.

- Try avoiding high-heeled footwear when you have to walk a long distance and in unknown territories.
- Say out 'stop' in loud and aggressive voice when need be but avoid using swear words or threats.

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