



## Self Defense Course For Women

**Self defense for Women is extremely important as, unfortunately, statistics show that all women are good candidates for violent crime at some point in their lives. When a woman's safety is in danger, defending herself through Awareness, Preparation, De-Escalation, Avoidance and Fighting Back is the most ethical decision she can make for herself and her family.**

# Why Is It Needed?

- According to the National Institute of Justice, roughly 20 percent of female assault victims are assaulted by a domestic partner. More than 80 percent of rapes are perpetrated by a person that the victim knows.
  
- **Statistical Overview of Crime & Victimization in the United States**
  - 47% of violent crimes and 40% of property crime was reported to the police.
  - An estimated 16,692 persons were murdered nationwide in 2005; an increase of 3.4% from the 2004 figure.
  - In 2005, 389,100 women and 78,180 men were victimized by an intimate partner.
  - In 2005, victims experienced 191,670 incidents of rape and sexual assault.
  - More than one million women and almost 400,000 men are stalked annually in the United States.

# GPD Woman's Focus Self Defense

- **The GPD Woman's Focus Self-Defense Course will be divided into three components:**
  - **Mental Preparation for Violence**
    - Preparing Your Mind For Battle
    - Developing Situational Awareness
    - Utilizing All Your Knowledge, Skills and Abilities
  - **Physical Preparation for Violence**
    - Preparing Your Body For Battle
    - Self Defense Tactics
  - **Life and Death Situations**
    - Recognizing Life Threatening Situations
    - Have A Survival Plan

**There will be instruction provided to teach students to recognize the signs of physically aggressive behavior. The primary focus will be in the following areas:**

- **Preparing Your Mind for Battle**
- **Developing Situational Awareness**
- **Utilizing All Your Skills**

- **This portion of the course focuses on preparing physically for the demands of physical force situations. The students will be provided instruction in:**
  - **Preparing Your Body For Battle**
  - **Self Defense Tactics**

- **This portion of the course will focus on preparing the students for the life and death struggle of a physical force situation (violent confrontation).**
  - **Recognizing Life Threatening Situations**
  - **Have A Survival Plan**

# Most Important Tools

- **Contrary to popular belief, the most important self defense weapons that you possess are your mind and your verbal skills.**
  
- **Remember to use them.**

# Suggested Course

<b>Class</b>	<b>Type</b>	<b>Location</b>
Session 1	Classroom	GPD Community Room
Session 2	Classroom	GPD Community Room
Session 3	Physical Training	GPD Physical Training Ctr.
Session 4	Physical Training	GPD Physical Training Ctr.
Session 5	Firing Range	Gainesville Target Range
Session 6	Firing Range	Gainesville Target Range

Each class is estimated to be 3 to 4 hours. Suggested class day is Saturday.



# Course Logistics

- **Instructors for courses will be selected by the GPD.**
- **Training curriculum will be developed and supervised by the GPD Training Unit.**
- **Suggested that the City enter into agreement with Gainesville Target Range to facilitate Firearm Training.**

# Costs

- **The estimated costs assuming a maximum of 25 students is \$5,000. Of this amount, approximately 60% would be personnel costs.**