



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

Class	Type	Location
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.**