



Mayors Wellness Campaign  
Put your community in motion.

## Physical Health & Nutrition



### SELF-DEFENSE CLASSES

#### **STANDING STRONG**

- An effective form of exercise, self-defense classes build confidence in both the mind and the body.
- What's more, women with self-defense training are **more likely** to stop a potential sexual assault than are women with no training.
- A community self-defense course can promote active living and provide residents with lifesaving strategies.

#### **ACTION STEPS**

##### **Find Partners**

- Partner with a local martial arts organization or community police department to lead self-defense classes.
- Advertise the classes on promotional materials.
- Make sure to obtain the necessary waivers and paperwork.
- With partner organizations, decide on the number of classes needed to successfully train participants in self-defense.
- Consider adding an anti-bullying component to classes for younger school-age participants.

##### **Pick a Location**

- Find a location to hold the classes.
- You might choose a local park, community center, the beach or a school.

##### **Promote the Classes**

- Get the word out! Consider the target population and age range of people you want to attract.
- Use multiple methods to advertise, including flyers, email and social media.
- Highlight the importance of promoting both a strong mind and body.

#### **FOLLOW THEIR LEAD!**

Beachwood held a Women's Self Defense class. It was a free four-week class held at the Beachwood Community Center, offered to women of the community. The hands-on class was conducted by a trained Sensei and the Beachwood Police Department. Participants were taught self-defense strategies and techniques. Click **here** to learn about the many events Beachwood's Mayors Wellness Campaign has to offer.

 **MORE RESOURCES**

**American Women's Self-Defense Association  
Evidence That Self-Defense Training Works**

For more information, contact the New Jersey Health Care Quality  
Institute's Mayors Wellness Campaign at 609-452-5980 or [dlevine@njhcqi.org](mailto:dlevine@njhcqi.org)