

Empowerment Self Defense (ESD) Seminar



May 15, 2024

6:30 pm – 8:30 pm

Empowerment Self Defense (ESD) is a system of learning how to avoid danger, de-escalate conflict, increase self-efficacy in problem-solving, and build physical self-defense skills. ESD is different from a martial art in a few ways. Its foundation is built upon understanding the history, psychology, and pathos of violence against women and vulnerable populations. No martial arts experience required and please wear comfortable clothes and shoes. (more info on back)



Grandmaster Laura Armstrong has been training and teaching Arnis/Kali/Escrima and Aikido for over 30 years. She is head instructor and owner of Combat Science – Martial Arts of Asia in Toronto, Canada, and teaches self-defense and empowerment seminars. She has been an internationally ranked competitor, three-time world champion and Team Canada Coach for WEKAF full-contact stick fighting.

Christ Episcopal Church Social Hall

(enter from Grand St. parking lot)

1700 Santa Clara Ave

Alameda, CA 94501

Cost: \$20

Students 17 & younger, Seniors 65+, AUSD Employees: \$15

Portion of the proceeds will be donated to the Alameda HS Jujitsu Club

Sponsored by the Alameda HS Jujitsu Alumni, Inc.

California 501(c)3 Non-Profit Corporation

ESD focuses first on the adage: the best conflict is one avoided, thus recognizing potential conflict and de-escalating are key tools. ESD's physical training techniques are based on effective, easy-to-learn, remember and apply techniques that are researched to be used in typical everyday situations. The holistic method of self-defense is predicated on using a method of layering or procedural memory, leading through success, framing challenging situations in the positive and emphasizing the physical experience as opposed to overanalyzing a situation. We will also look at the common myths around physical self-defense eliminating traditional beliefs that disempower the individual and on the contrary gives power to the assailant. ESD, while taught to individuals includes community building and advocacy as a pillar of its teaching.

In this two hour ESD workshop we will cover the pillars and core competencies of our program.

Those include:

5 Principles of Self Defense

Tools and Strategies that build Awareness around the Attacker Mindset and how to deal with different scenarios.

Physical Techniques – grabs and releases, heel palm, knee, other distraction and target points

Strengths and tools – how to empower yourself with your voice

Communication and Confidence Building

Setting Boundaries both stranger and familiar

This 2 hour workshop is designed to empower participants to feel more confident and build their toolbox of skills in self-defense that can be used in everyday real life.