

2nd ITF Women's Conference

10th – 11th July 2015, Oodles Hotel, New Delhi, India

Self Defence Programmes for Women

Delegates: Senior Master Linda Low (Australia), Sabum Rachana Rajendran, (India), Sabum Annali Basson and Ms Nandi Basson (South Africa), Sabum Lee Sock Cheng (Malaysia), Sabum Rachanok Moulden (Thailand), Sabum Pat McQueen and Sabum Cathy Cocks (Australia). Black belt students and teachers from ITF Association of India.

FRIDAY 10 July 2015

Conference opened at 3pm with a special blessing and presentation of gifts to international delegates.

1 minute silence to the memory of ITF Founder General Choi Hong Hi. 1 minute silence for friend and mentor SGM Benny Rivera.

🚩 Welcome Address by SM Dr Linda Low, Chair ITF Women's Committee

Dr Low welcomed special guests, Dr Rita Kaur, Director and Principal of the Millenium School, Prof Kim Sung Hwan, Executive Director-General of ITF, and Mr Kim Hyong Rak, ITF Director of Finance and Administration. She thanked ITF President, Prof Chang Ung and the Executive Board for the ongoing support of the Women's Committee and this 2nd International Women's Conference.

She paid tribute to the organisers of the Conference, in particular Sabum Rachana and SM Rajendran. The international delegates from Thailand, Malaysia, South Africa and Australia and the delegates from across India were welcomed. Their combined knowledge and expertise will make this a most successful Conference. Best wishes have come from around the world: Afghanistan, Peru, Canada, England, Scotland,

Germany and Tajikistan.

The aim of the Conference is to develop a self-defence programme for women which can be used across ITF National Governing Bodies and adapted to suit different needs and focus groups.

The topic grew out of the 1st International Women's Conference held in Phuket, Thailand, in 2014 where concern was raised about violence against women around the world. The ITF is committed to alleviating this problem and the Women's Committee supports initiatives such as the United Nations Campaign to End Violence Against Women.

Violence towards women is increasing at an alarming rate. The focus needs to be on empowering women and educating men. As mothers, we bring up our sons to respect women, but deep in our cultures there remain powerful biases which give credence, power and advantage to men.

Most instances of violence and bullying against women are not reported. In many countries, 70% of women experience sexual and physical violence in their lifetime, often from a member of their own family. In New Delhi, 66% reported sexual harassment in the past two years. 80% of people trafficked across the world are female.

As female TKD instructors we can use our physical and mental strength to reach out to empower other women. Self-defence courses are one way, however, this on its own is not enough. We have to think about how to extend the reach of TKD into the community, to take courses to women's groups, businesses and schools, teach young girls fitness, self-confidence and inner strength and teach our students how change can be achieved through living by the tenets of Taekwon Do.

We can connect with grass roots initiatives such as the Alternatives to Violence Programme which reaches men in prisons who have been

abusive and looks at ways of changing their perception of themselves and their actions. Also men's White Ribbon groups and the various men's community action groups can be connected with.

Tomorrow we will work on empowering women as an initial step in a Self-defence course. We will integrate the tenets to build strength, confidence and resilience and construct a programme which moves in simple stages from how to avoid being targeted as a victim to finding the outrage and physical willpower to use self-defence techniques when necessary.

This Conference will help us develop more comprehensive and far-reaching self-defence programmes and I hope it will be interesting, fun, inspiring and collaborative. As women, we are sharers and givers, so let us share our knowledge and give our all to eradicate violence against women.

✚ Special Guest, Mrs Rita Kaur, spoke about the issue of violence against women and bringing about change.

She said that the rates of violence against women were a black spot on humanity. It is hard to believe that at a time when we have landed on the moon and we are looking at going to Mars, as humans we are still addressing this issue.

As an educator, she believes that attitudes towards women start in the family. It begins when girls are children and they are raised simply to marry. One of the ways to bring about is to start changing this attitude, to stop girls being seen as needing to be protected and being powerless to help themselves. For example, on Sisters and Brothers Day, instead of the boys pledging to protect the girls, it should be reversed and the girls should pledge to protect the boys as well as themselves.

A superiority complex is developed in boys from birth. This needs to change and this change begins with a shift in the value system.

Families need to stimulate the sensitivity of males and raise girls' self esteem. This begins with education in all levels. Self esteem and self pride are what we work for.

- ✚ Professor Kim Sung Hwan read a letter from ITF President, Professor Chang Ung, congratulating everyone involved with the 2nd International Taekwon Do Conference and expressing his heartfelt thanks for their tremendous endeavours. In conveying his personal thanks, Professor Kim said how pleased and honoured he was to be at the Conference and how important it is to look after women. It is through the power and strength of women that harmony, peace and friendship will be achieved across the world.
- ✚ ITF Vice President and President of the Taekwon Do Federation of South Africa, Judge Annali Basson, spoke about the current state of violence against women in South Africa.

It is a very difficult country as far as women are concerned. Every 27 seconds a woman is raped in the country. Most are not reported because they fear they will not be believed, or they are scared, or the perpetrator of the attack is a partner, uncle, father or brother.

It is important to empower women both physically and emotionally. Women in South Africa are prone to violence. Women alone in cars are targeted by men with smash and grab attacks. Sabum Basson was the victim of such an attack three weeks ago. She fought off the attacker, managed to drive herself home and has not suffered from any trauma or shock from the attack. She credits this to her training in Taekwon Do.

It gives not only physical empowerment, but also empowers the mind. It is important to convey to women that Taekwon Do empowers spiritually and emotionally.

The question needs to be asked "Why do we still have to empower

women in this day and age?” If we are human, we should strive for equality and equal space for everyone.

- ✚ Sabum Rachanok Moulden provided a report on the Self-defence issues and programme being implemented in Thailand. It is very much focussed on practical self-defence with a greater focus on the art rather than the sport of Taekwon Do.

As a young woman, Sabum Moulden started Taekwon Do for protection and self defence. Travelling on her own, it was important to be able to protect herself.

As well as the practical skills, Taekwon Do changes the way you carry yourself. You show confidence and don't look like a victim. It is important that all young children, not just girls are empowered and educated in self-defence.

The Executive Board should initiate as a priority a directive to NGBs to provide a practical focus on self defense. In Thailand, they are working to promote the self-defense aspects of Taekwon Do.

- ✚ Regional reports on issues of violence to women and self-defence programmes were presented including a report received from Boo-Sabums Tamara Knauff and Angelina Newel of Germany.

Key points included recognising that a physical attack starts with a rush of adrenaline. When this kicks in the victim can be frozen to the spot. However this adrenaline can also be used to advantage.

Self defense is not automatic freedom from attack. However regular training improves fitness and flexibility and builds confidence so that you trust more in yourself. Vocal training by repeating a battle cry is also important.

Think about body tension, focus the force, terrify the opponent, create

opportunity and support self confidence. Concentrate on fewer techniques with a higher repetition until the action becomes an automatic response. Also remember that an avoided fight is a fight won. Keep the training simple, fast and effective, with a knowledge of anatomy and using available items as weapons. In a fight there are no rules, so act accordingly.

- ✚ General discussion followed on the aims and objectives for the creation of self-defence programmes for women.

One of the reasons why women don't speak about violence was seen to be as a result of programming where girls are taught from a very early age that the family's reputation must be protected. There is a huge disparity in the position of girls in society.

To bring about change there is a huge need for education and enlightened teachers. It is happening but it will take at least a generation to achieve.

Tenets must be instilled in both boys and girls at an early age, particularly Courtesy.

Women and girls of all ages need access to practical self defense techniques which can be practised and applied in different scenarios to build familiarity and confidence. The objective of the Conference is the development of this curriculum in an accessible format which can be used around the world and adapted for specific needs.

Saturday 11th July 2015

- ✚ SM Linda Low led an open discussion session which brainstormed the rights of women, what constitutes abuse, why men abuse women, what women can do and how to achieve change.

✚ Women's Rights include:

- Education – Dignity - Body integrity – Equality - Respect

- Freedom - To feel safe - Speak up - Question
- Self expression – Choice – Reproduction - Equality before the law
- Justice - Economic equality – Love - Valued
- Freedom of belief – Choice - Right to say No - Wear what they like

✚ What constitutes abuse?

- The infringement of any of these rights
- Physical – Verbal – Psychological – Emotional - Financial
- Sexual - Political – Racial – Gender - Discrimination
- Deprivation of liberty - Belittling and innuendo
- Infringement of personal space

✚ Why do men abuse women?

- To have power over women
- Because they are afraid or feel threatened
- To boost their own ego

✚ What can women do?

- Be confident and assertive - Say no
- Educate - Teach sons to respect women
- Self defence programmes - Martial Arts
- Believe in themselves - Realise their self worth

✚ How can women achieve change?

- Social media - Facebook and Whats App
- Promote stories of success and achievement
- Simple tips and hints
- Use contacts and networks to support women
- Strive for financial independence

✚ What are the effects on the community of violence against women?

- Destruction of the family and breakdown of society.

✚ SM Low – meditation for female power and awareness of mental strength. The group practiced their battlecry and overcoming fear through outrage and “NO”.

✚ SM Low and Sabum Lee led a practical session showing self defence techniques suitable for different scenarios. These were practiced by the Conference attendees.

✚ Conference Outcome

It was agreed that a teaching programme on Self Defence for Women would initially take the form of a booklet which could be disseminated by ITF to NGBs around the world. The use of social media such as Facebook and YouTube would also be explored.

Sabums Pat McQueen and Cathy Cocks from Australia would assist in drafting and publishing the booklet. As many TKD practitioners who will be using the programme will not have English as their first language it was agreed that the booklet will be in an easy to follow point form with simple wording.

✚ SM Low outlined a step by step programme for the framework of the booklet. This was agreed upon.

The basic structure of the booklet will be:

- Introduction

- Purpose

- Step 1 - Empowering Women

 - Instilling confidence and self belief

 - It's okay to be frightened

 - Use outrage

 - Use voice and breath control

 - Rights as women and humans

 - Abuse issues – not your fault

 - Indomitable Spirit

 - Mentors, role models and support network

- Step 2 – Physical Conditioning

 - Confidence in physical fitness

 - Improved reactions

 - Mental alertness

- Posture and body language
- Build muscle power
- Conditioning circuit
- Step 3 – Balance and Momentum
 - Stance and centre of gravity
 - Moving with agility, side-stepping
 - Using attacker's momentum
- Step 4 – Basic Techniques
 - Hear the power, feel the power
 - Pressure points and targets
 - Total commitment – mind and body. Use all muscles
 - Be prepared for 3-5 techniques
 - Tools including punch, block, kick and strike
 - Blocks, counters, padwork
- Step 5 – Awareness
 - The law and self protection
 - Social awareness
 - Environmental awareness
 - Home security – surroundings, escape routes, help
 - Street – weapons such as bag, book, keys, phone. Walk with intent, no distractions. Peripheral vision. Bystanders.
- Step 6 - Releases
 - Safety when falling
 - Arm, wrist, elbow, shoulder locks
 - Releases from chokes, grabs, holds
 - Leg sweeps, hip throws
- Step 7 - Groundwork
 - Defending against rape. Kids' kidnap/bullying scenarios
- Step 8 – Knife and Weapon Attack and Defence
 - Move in, block and control. Practice a few techniques well.
- Step 9 – Teaching Tenets and integrating them into everyday life.
 - Taking the tenets into the family and community

Stepping stones towards empowerment
Strategies for overcoming fear
Stages of a Self-Defence Teaching Programme

✚ Stage 1 – Building Confidence

Use outrage

The Battle Cry – No Way, Not Me, I Will Not Be A Victim

Connecting with the earth

Connecting with the power of women who have given birth to all humans

Stage 2 – Building Awareness

Awareness of surroundings

What's normal?

People around you

Exits

Where help is

Available weapons

Try talking first

Aim to get away

Stage 3 – Techniques

Identify vital points

Select best tool of attack

Move mass back, forward or circle

Balance

Attack with intent

Use more than one technique

Stage 4 – Self Defence

Grasping 1 wrist, 2 wrists, bear hug, grabbing, on the ground

Group stretching, core work, pressure points, focus meditation,

✚ SM Linda Low and Sabum Lee Sock Cheng – Self defence for women

✚ Discussion and formulation of self defence programmes