

SELF-DEFENSE FOR WOMEN: NEED OF THE HOUR

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ABSTRACT

Throughout the world women face different challenges in their life. Women are facing innumerable suffering like physical aggression, sexual abuse and rape, psychological violence, economic or emotional threats and control over speech and actions. The answer to combating crime against women is not as difficult as you might think. Every women can benefit from Self-defense awareness and different techniques. There are several techniques and programs through which women can defend themselves which are organized by different Governing bodies. This paper focuses on basic Self-defense principles and techniques which can help women to protect them from becoming the victim of brutal crime.

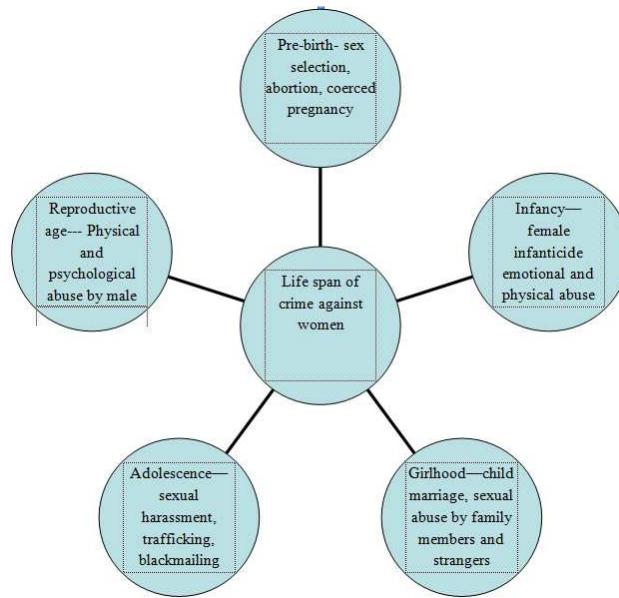
KEYWORDS: Crime Against Women, Related Factors, Self-Defense, Principles, Techniques and Programs

INTRODUCTION

Women throughout the world have been suffered and given the lower status in the society. Women were expected to be married off and settle down in life. They were given a very inferior role and status, as the socio-economic conditions prevailing in past times were not congenial for the free movement of women. In the 21st century women are educated and equally participating in all walks of life but still the social conventions, traditions and restrictions are controlling the life of women directly or indirectly. It is noted that violence is a sign of a power struggle for the maintenance of a certain kind of social order. Crime against women is not a question of sexuality as it is of political power, both patriarchal and other ranging from the domestic violence of state power, that often appropriate the existing patriarchal ideology to control women minds, bodies and psyches. Hence, it can be said that psychological illness and mental tensions of women are due to violence and exploitation of women in offices, families and in general the society.

Crime against Women

Crime is an act carried out with the intention of physically and mentally hurting women by male dominating society. In today's scenario women are facing innumerable suffering like physical aggression , sexual abuse and rape, psychological violence through insult humiliation, blackmail, economic or emotional threats and control over speech and actions. Such actions of crime take place in a man-woman relationship within the family, state and society. Crime against women start from inception till death. Women face violence throughout their life span.



Factors Contributing to Increased Crime against Women

There are different socio-economic, political, cultural and religious components, which have contributed to the increased vulnerability of women to men violence, which are as follows:

- **Male Dominated Society:** As a male dominated society men in all spheres of their life dominate the women. The male members think that they always direct women and all services should be centered to the interest of the male.
- **Cultural Factors:** Irrespective of national affluence or level of development, women are vulnerable to exploitation and all other types of explicit violence from men in all the societies where cultural norms, traditions and legal system sanction women subordination to men.
- **Socio-Economic Factor:** The change in socio economic processes has adverse effect on women. Traditional socio-cultural practices, low rate of education, lack of employment opportunity, and low nutritional and health status etc. are responsible for deteriorating the status of the women.
- **Devaluation of Moral Character:** Socio-economic conditions like poverty , unemployment tend to force young people to be involved in anti social activities. Thus dislocated from moral courage, they like to cheer up more by occurring violence as thrill and adventure.
- **Other Influential Factors:** Besides these, other influential components are responsible for crime against women in the country and they are lack of education and awareness, gender disparity, practice of power, illicit love affairs, denial of love and marriages etc. these are directly or indirectly associated with criminal activities.

Self-defense

The rising graph of crime against women in world, now its high time that women need to take a stand for herself. The answer to combating crime against women is not as difficult as you might think. Every woman can benefit from Self-defense awareness and different techniques.

Self-defense is a set of awareness, assertiveness, and verbal confrontations, skills with safety strategies and

physical techniques that enable someone to successfully escape, resist and survive violent attacks.

Self-Defense Principles and Components

Self-defense is simply the art of defending one self against harmful forces. In most cases these harmful forces are against attackers which are human. When women hear about Self-defense, there are mixed reactions. Some women think "just cannot get to right now", other ladies who either think, "oh nothing ever happens where I live", or "I don't need to learn because I can handle myself".

Basic Principles of Self-Defense

These principles can help save your life when confronted with a threatening situation:

- **Increased Reaction Time:** When you increase the distance between you and attacker you will be able to increase the time it will take for them to reach you.
- **Obtain Good Balance:** It is important to maintain good balance during these stressful situations
- **Develop a Plan of Action:** The body is only as strong as the mind allows. Command yourself to use appropriate Self-defense techniques.
- **Use Distraction Techniques:** Use distraction techniques like yelling, throwing chilli powder, spray and call someone etc.
- **Identify the Attacker's Vulnerable Physical Points:** The vulnerable locations on an attacker are: eyes, nose, throat, clavicle notch, forearm, groin, chin, knee, and foot.
- **Use your Personal Weapon:** A woman's personal weapons are: elbow, fist, knee, foot, and nails etc.
- **Avoid Force on Pound a Male will Overpower a Female:** WE need to use the element of surprise, deliver quick/ strong Self-defense techniques.
- **Avoid Panic:** Don't panic in dangerous situations. Take time to evaluate what is happening and choose to react accordingly.
- **Disengage and Run:** This is the primary goal of Self-defense RUN FOR YOUR LIFE.
- **Practice!!!!** It's the most important principle of Self-defense as it is said "practice makes a man perfect".

Techniques of Self-defense

Physical

Physical self-defense is the use of physical force to counter an immediate threat of violence. Such force can be either armed or unarmed and also on the mental and physical preparedness of the defender.

Unarmed

Many styles of martial arts are practiced for self-defense or include self-defense techniques. Some martial arts train how to escape from a gun situation, or how to break away from a punch, while others train how to attack. In present

scenario many martial arts schools use a combination of martial arts styles and techniques, and will often customize self-defense training to suit the participants.

Armed

A wide variety of weapons can be used for self-defense. The most suitable depends on the threat presented, the victim or victims, and the experience of the defender. Legal restrictions also greatly influence self-defense options.

Everyday objects, such as flashlights, baseball bats, newspapers, key rings with keys, kitchen utensils and other tools, and hair spray, tie-wraps, ballpoint pen, knives and umbrellas as improvised weapons for Self-defense.

Other forms

Avoidance

Being aware of and avoiding potentially dangerous situations is one useful technique of Self-defense. Avoiding violence is better than having to escape from or evade it, but escape and evasion are far better than physical violence

De-escalation

Verbal Self-defense is defined as using one's words to prevent, de-escalate, or end an attempted assault. Yelling, “get away from me pervert” will draw everyone’s attention, embarrass the predator and show him that you’re not going down without a fight. It is a way of using words as weapons or as a shield.

Personal Alarms

Personal alarms are a way to practice passive self-defense. A personal alarm is a small, hand-held device that emits strong, loud, high-pitched sounds to deter attackers because the noise will sometimes draw the attention of passersby.

Various Self-Defense Programs in India

- **The Women Empowerment Program:** The program is based on “ women street survival strategy and tactics”. A system designed by Master Sitta Wang and Agalon Kanishka Sharma, keeping in mind the numerous crimes against women today. This system is derived from Pekiti Tirsia Kali, the official system of counter terrorist forces across the world and Indian forces like NSG Commandos and Special Forces. All techniques are designed to be applicable from one improvised Weapon (Ball pen, keys and mobile phones) to another and same techniques are applicable when empty handed.
- **Dare Program:** The DARE program Defence Against Assault Rape or Eve Teasing (personal security and safety programs).

Contents are:

- What to do before assault
- How to use non violent strategies during assault
- Learning to use physical tactics during assault

- **Karv Maga:** It is an Israeli Self-defense battle tested tactics that teaches how to prevent, deal and overcome all kinds of violence and attacks. It prepares the trainees in the subjects of Self-defense, self protection fighting and combat skills using martial arts that involves striking techniques, wrestling and grappling.
- **A Karate India Program:** Special Self-defense classes for women. It's a combination of martial art, karate, Judo, Kenpo, Tai Chi, and Taekwondo. Its a very effective method of Self-defense.
- **Be Aware-Act smart- Be Safe**
- **1091 (Parivartan) Women Helpline:** In any case of distress and emergency women can contact Women Helpline No. 1091. They can also contact women helpline for any counseling or any advice.
- **Himmat App:** Delhi Police has launched Himmat App on Android Phones which lets women to send SoS signals to alert Delhi Police Control Room.

CONCLUSIONS

Women are facing violence at walks of life. Whether it's a work place or home, she is at the risk of becoming a victim. Crime against women starts from inception till death. Women face violence throughout their life span. So to avoid such violence she needs to defend herself by using certain Self-defense moves and tools. Women need to aware themselves to acquaint with different Self-defense techniques and programs. The justifiable self-defense tends to be interpreted more loosely, including the right to defend against any criminal act, without limitations to reasonable or proportionate use of force based on the magnitude of the crime. Instead, it may simply be the minimum amount of force required to stop the criminal, which may be lethal even for relatively small crimes.

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