

## WFWP Grand Junction, Colorado: Self Defense Tips for Women

Gale Alves  
June 28, 2023



WFWP Colorado hosted a women's self-defense class at the library in Grand Junction on June 28, 2023. It is the first of a series to learn and remember the maneuvers of self-defense.

Our teacher, Mr. McKenna was awarded his black belt in 1982. Chuck Norris was one of the judges on the board that granted his black belt.

Mr. McKenna feels it is his calling to keep women safe, and his classes are always free.

These are a few things we learned:

1. Always be aware of your surroundings and who is around you when you are in a public setting, indoors or outdoors.
2. Don't walk spaced out on your cell phone. You are an easy prey for evil people.
3. Intuition is women's greatest strength. Pay attention to it and leave any situation that makes you uncomfortable.
4. Women do not have weak points. We are capable of defending ourselves if we are smart, aware and prepared.
5. Don't walk alone at night, and in the daytime, don't walk in isolated areas alone.
6. If you are about to enter an elevator, but don't feel good about the people in there, step back and take another one. If you get on and something starts to happen, start pressing all of the numbers of the floors. Soon the elevator will stop and you can get off.

Mr. McKenna showed us some maneuvers to break loose if a predator grabbed us by the wrist, or put two hands on our arms, or if we were grabbed by both wrists. We practiced with each other and it took us a while to get the hang of it.

He role-played the predator and gave us a simulated real-life experience of a man's arms grabbing us. We practiced breaking free and running away. The point of this training is not to fight, but to get away.

Safety and self-defense basics are important for women of all ages. Let's work together to keep each other safe. Please share this information with the women in your life.