



The best self-defence workshop in town!

Aragami India and Martial Vout, a self-defence instructor and security advisor from Switzerland, offer a short, highly effective training workshop in self-defence for women and girls. The objective is to make women feel more secure, and to enable them to face and handle situations that threaten their personal safety.

The self-defence techniques imparted are “instinctive” and include both preventive and defensive actions. Women are taught to rely on their instinct and to develop and utilize a few well-chosen instinctive responses- becoming aware of, avoiding and running away from potentially threatening situations; screaming to attract attention and seeking help when attacked or molested; using one’s arms and legs to protect oneself; resisting molestation and attacking the attacker at vulnerable points of his body. The training is not martial arts based, nor does it require peak physical fitness and routine training.

The training workshop is a brief 2 to 3 hour session and covers:

- Confidence and self-esteem
- Prevention and awareness
- Behavioural and verbal dissuasion
- How and why mother nature made females strong
- The female instinct for survival and self protection (demonstration)
- The link between our everyday interactions with others and the outcome of an assault



Martial Vout’s book *“I Can Defend Myself”* (Life Positive Publication, Delhi, www.lifepositive.com) clearly lays out his theory and practice of instinctive self-defence. The book is effectively illustrated, with its forward written by Kiran Bedi. Martial Vout believes that being able to defeat an assaulter is not a question of combat technique, rather it is primarily a mental attitude which is rooted in the way women behave in

everyday life. His method of self-defence is grounded in the principle that women have to learn not to be submissive in their everyday life - they must insist on respectful behaviour from those with whom they live and interact. They should neither tolerate verbal nor physical abuse. Without these basic empowering conditions, their survival instincts and responses are dulled and they are unable to deal with aggressors.

Aragami India's self-defence trainers have been trained and certified by Martial Vout. These trainers offer to conduct workshops for women in colleges, schools and corporates, for a small fee or donation that helps to fund the health, education and livelihoods programs that Aragami India is engaged in for the urban and rural poor.

Contact

Aragami India

D Block -373/74 Phase –II, J.J. Colony, Madanpur Khadar, New Delhi -110076

Mobile – 9654453345

E-mail- headoffice@aragami.org.in