UC IRVINE
Self Defense Options On-and-Off Campus

Program descriptions were provided by program staff and/or website content, and do not represent the endorsement or opinions of UC Irvine. To assist in selecting a self-defense course to best fit your needs, please reference the complementary document entitled “Guidelines For Choosing A Self-Defense Course.”

ON CAMPUS

Martial Arts Classes, Anteater Recreation Center (ARC)

Description: 18 different martial arts classes offered, including Karate, Jiu Jitsu, Kung Fu and Taekwondo and a Self-Defense class. Some classes require uniforms.
Location: ARC
Contact: (949) 824-3738; http://www.campusrec.uci.edu/classes/martial/
Population: UCI students, ARC members
Capacity: Up to 25 students.
Format: Hands-on, martial arts
* UCI Martial Arts Comparison Chart http://www.campusrec.uci.edu/classes/martial/ma-comparison.asp
Cost: $35 and up for Martial Arts per quarter, $18 for Self-Defense per quarter

Rape Aggression Defense (RAD), UCI Police Department

Description: A program designed to provide women with the techniques and concepts needed for self-defense. In addition to tactics, the program teaches awareness, risk reduction and avoidance strategies. Although it employs martial arts techniques, it is not a martial arts program.
Location: Varies
Contact: (949) 824-1885; http://www.police.uci.edu/services/rad.html
Population: Women only. UCI faculty, staff, students, public
Capacity: Approximately 10-15 participants, offered twice a year
Format: Lecture, demonstrations and drills. 12 hour class, broken into three 4 hour sessions; attendance at each session is required.
Cost: for UCI Students is $80, UCI-affiliates is $90, and non-affiliates is $100

Self-Defense Workshop, Anteater Recreation Center (ARC)

Description: Self-Defense is a safety program for college students that offers empowerment, inspiration, and street fighting skills developed for elite military personnel and then adapted to the “get-away self-defense” needs of anyone being threatened.
Location: Sports Studio at the ARC
Contact: (949) 824-3738; http://www.campusrec.uci.edu/classes/martial/index.asp
Population: UCI community
Capacity: Accommodates up to 30-40
Format: 90 minutes, one time class, hands-on and demonstrations
Cost: $120 per group
**Campus Speak- Girls Fight Back**

**Description:** “Girls Fight Back is a live, 90-minute presentation given in schools and colleges with a goal of teaching young women the basics of personal safety and self-defense. Delivered in a fun and ‘edu-taining’ format that blends straight talk, comedy and good ol’ fashioned butt kicking.”

**Location:** 4800 Baseline Road
   Suite E104 #286, Boulder, CO 80303

**Contact:** (303) 872-8030; Fax: (303) 872-6729; [http://www.girlsfightback.com/](http://www.girlsfightback.com/); ew@erinweed.com

**Population:** Women only, students, campus, community

**Capacity:** Varies from 50, 500, 1000 (depending on schools space)

**Format:** Presentation, PowerPoint, hands-on.

**Cost:** The all-inclusive cost for programs as of 2013 is $3,800. We offer a $300 discount for any campus that books a date when a GFB speaker is already in your geographic area (within driving distance). All-inclusive means the GFB speaker will book and pay for her own airfare, meals and hotel from this fee.

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**Get Safe USA**

**Description:** Specializes in the development and instruction of workshops in personal safety, sexual assault prevention, survivor recovery, self-defense, and violence-prevention. Among other programs on self-defense, Get Safe USA offers Breaking Barriers, a program which combines physical movements with psychological group recovery. Each participant must have an active relationship with a counselor or be involved in group therapy. Instructors for Breaking Barriers are certified sexual assault counselors and domestic violence advocates. The goal of this multidimensional program is to empower all participants, provide them with practical tools that will keep them safe, and create positive group interaction that will promote healthier social outlets.

**Location:** 17602 17th St. - Suite 102 - #259
   Tustin, CA 92780

**Contact:** (714) 834-0050; [http://www.getsafeusa.com/](http://www.getsafeusa.com/); info@getsafeusa.com

**Population:** Everyone 13 and up

**Capacity:** Groups of 15+ or individual

**Format:** Lecture and hands-on

**Cost:** $30 and up depending on the class

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**Impact**

**Description:** Teaches Krav Maga, the hand-to-hand combat system of the Israeli Defense Forces. It is based on simple principles and instinctive movements and is designed to be learned quickly by anyone, regardless of size or gender.

**Location:** 4575 30th Street
   San Diego, CA 92116

**Contact:** (858) 480-5473; [http://www.impactsandiego.net/](http://www.impactsandiego.net/); INFO@ImpactSanDiego.net

**Population:** Both men and women ages 13 and up

**Capacity:** Average 20 people or individual

**Format:** Class setting, hands-on. Specific gear is required for some classes.

**Cost:** $15 and up per class. Impact offers a free introductory class.
Just Yell Fire

**Description:** “Just Yell Fire is a ‘million girl revolution combating violence against women and a nonprofit organization.’ Just Yell Fire is a program designed to empower girls to know their rights, to stand up for themselves, to be aware of dangers they face, and to escape violence when trouble finds them. Their website has free films to watch and learn from.”

**Location:** Just Yell Fire, Inc. P.O. 5647, Vancouver, WA 98668

**Contact:** www.justyellfire.com; ian@justyellfire.com; (949) 689-8082

**Population:** Women only, community, campus

**Capacity:** Depends on the venue and location of the training. We work with small groups of 10-20 people and we proved presentations to over a 100 students at a time in standing room only auditoriums. We also provide custom presentations for specific groups

**Format:** “Programs include an instructional video about campus safety called Campus Life, informational handouts, and hands-on instruction in our unique blend of self-defense methods.”

**Cost:** A small group presentation is only $25 per person and large group presentation (more than 20 people) is only $15 per person.

Model Mugging

**Description:** *Model Mugging* offers “full force self-defense training courses or short impact seminars anywhere in Southern California.” *Model Mugging* uses 5 principles to best provide protection to oneself. These principles include the idea that crime is an emotional problem as well as a physical problem, understanding one’s options, receiving proper preparation and training, understanding that the mind and body are one, and awareness. *Model Mugging* is specifically designed for the needs of women.

**Location:** 1502 Foothill Blvd. Ste 103-202
La Verne, CA 91750

**Contact:** (800) 590-4687; info@modelmugging.com; www.modelmugging.org

**Population:** Women

**Capacity:** Maximum 15 for basic course to 25 for a workshop

**Format:** Seminar or hands-on workshop

**Cost:** Estimated $35 per person

OC Defensive Arts

**Description:** “OC Defensive Arts’ programs are practical, realistic and specifically designed for women regardless of age, size, strength, or level of fitness.” *OC Defensive Arts* primary goal is to prevent women from making themselves venerable to predators. Their secondary goal is not to teach a woman how to fight a man but rather to give women techniques which will allow them to disarm an opponent long enough to getaway.

**Location:** O.C. Defensive Arts
23276 S. Pointe Drive Suite 103
Laguna Hills, CA 92653

**Contact:** (949) 573-3028; www.ocdefensivearts.com; allen@ocdefensivearts.com

**Population:** Women, the community
Capacity: Class size varies but defense application classes tend to be kept relatively small as we like a low instructor/student ratio as the practical portion of the classes are participatory.

Format: The classes are quite extensive and a full course of classes could run 2-3 days at half-day sessions. There are seminars offered as well as hands-on classes.

Cost: Varies with class. Can be $30 and up per class per person

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**OC Krav Maga**

Description: Krav Maga is not a traditional martial art. Based on simple principles and instinctive movements, this reality-based system is designed to teach real self-defense in the shortest possible time. You'll learn to defend against common chokes and grabs from all angles, punches and kicks, and weapons such as guns, knives, and sticks. Just as important, Krav Maga will teach you to function under stress, shock and adrenaline rush of a sudden, violent encounter.

Location: 17751 Sky Park East, Suite E or 24002 Via Fabricante, Suite 306
Irvine, CA 92614 or Mission Viejo, CA 92691

Contact: (949) 333-0736 or (714)876-6256; www.kravmagaoc.com; larry@kravmagaoc.com

Population: Classes are available for anyone age 3 and up

Capacity: 20-25 or private instruction

Format: Hands-on, demonstrations, classes are one hour

Cost: Offers a free trial. Discount for students (20%) off original $125 per month

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**SHIELD Self-Defense**

Description: “SHIELD is a close-range fighting system created specifically to empower women against sexual assault.” Unlike most training that uses upper body strength, SHIELD relies on one's core and lower body strength to generate power. Our training method is unique, simple, and fun. Our mission is to empower women, eradicate sexual assault and even up the playing field. Our Vision is for women to have the skills and capability to be destructive to anyone attempting to violate them.

Location: 12505 Vista Del Mar or 735 E. Lexington Dr.
Los Angeles, CA 90245 or Glendale, CA 91206
(El Segundo)

Contact: (310) 854-9239; info@shieldselfdefense.com; www.shieldselfdefense.com

Population: Women only ages 12 and up.

Capacity: As big as the venue, the fewer participants, the more hands-on.

Format: Hands-on, martial arts.

Cost: $550 for a workshop plus a $75 travel fee for OC. Classes at locations range from $100 up

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**TAKE Foundation**

Description: T.A.K.E. Defense Training provides girls and women of all ages with unique reality-based, hands-on self-defense training. Such training provides safety awareness that everyone needs and deserves. Our goal to give you the advantage if you're ever in a situation that makes you question your safety.

Location: The Ali Kemp Educational Foundation
6501 Antioch Road
Shawnee Mission, Kansas 66202

Contact: info@takedefense.org; www.takefoundation.org

Population: Women only
**Capacity:** Depends on venue size

**Format:** 2 hours, lecture and hands-on training, partner format

**Cost:** Depending on the location of the school the cost can vary between $2,500 to $3,000 for the program. TAKE Foundation offers opportunities for fundraising on its website.
Workplace Violence & Active Shooter Presentations

Description: Offered by the UCI Police Department. Comprised of an in-person, 45 minute presentation tailored for faculty, staff and students. There is also an online video. “The presentation will provide you with options which are designed to increase your chances of surviving an active shooter event”. The presentation covers what to do in an emergency and how to prepare for lock downs.

Location: Varies depending on group’s request

Contact: (949) 824-3738; http://police.uci.edu/safety/active_shooter.html

Population: UCI Campus Community Groups

Capacity: Depends on venue

Format: Interactive presentations, a short DVD followed by a power point giving some history, tips, and UCI specific goals

Cost: Free