

## 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 fits 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

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#### ***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

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#### ***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

## OFF CAMPUS

### *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/> ; [ew@erinweed.com](mailto: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/> ; [info@getsafeusa.com](mailto: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/> ; [INFO@ImpactSanDiego.net](mailto: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.

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### *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](http://www.justyellfire.com) ; [ian@justyellfire.com](mailto: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.

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### *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](mailto:info@modelmugging.com) ; [www.modelmugging.org](http://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

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### *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](http://www.ocdefensivearts.com) ; [allen@ocdefensivearts.com](mailto:allen@ocdefensivearts.com)

**Population:** Women, the community



**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.

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## OTHER RESOURCES

### *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](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

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