

Coeds At Carolina Are Being Taught Course In Self Defense

By ANN PAYLOR
CHAPEL HILL — Who would take a course hoping they'd never have to use what they learned?

Students in the self-defense physical education course at the University of North Carolina at Chapel Hill are doing just that.

The course encourages students to become aware of their bodies as they learn to protect themselves from assault, said wrestling coach Bill Lam, who teaches the course.

"There's no real winner any time there's a fight," Lam said, "but the course tries to teach students enough to keep them from being the losers in an attack."

The course covers both theory and practice in self-defense. Techniques drawn from karate, wrestling, judo and "plain old dirty street fighting" are pooled to show students how to get free from an attacker's hold.

Running is stressed as a means of escape, Lam said. One of the course requirements is that students be able to run a mile by the end of the semester.

Class time involves about 20 minutes of exercises and a lot of practice getting free from different types of holds.

Being able to beat up an attacker is not a course goal, Lam said. "You can't expect a 110 pound girl to smash a 190 pound guy, but she may be able to use her head and get away unharmed."

Solution Helps Remove Stubborn Hem Creases

Lengthening a hem and then finding a crease that refuses to disappear after persistent ironing frustrates even the best of home sewers.

There is a technique, however, that will remove all but the most stubborn of creases, provided they aren't a result of frayed or faded fabric, say agricultural extension specialists at North Carolina State University.

Make up a solution of two parts water and one part white vinegar. Test the solution for color fastness on a small fabric scrap before proceeding.

Next, dab the crease line with the solution and then steam press over a press cloth.

Repeat the above steps until the hem is completely pressed with the vinegar solution.

For even harder-to-remove creases, try this technique (being sure to test it on a scrap of fabric first).

Dab the crease line with the vinegar solution. Place two strips of aluminum foil on either side of the hem (shiny sides next to the garment.)

Press around the hem, as before, remembering to allow the fabric to completely dry before moving it.

Psychological aspects of an attack are also discussed in class. "We talk about what kind of person the attacker is likely to be," Lam explained. "He's not always a complete stranger, either, although that's a common misconception."

Both men and women are enrolled in the course, which originally was open only to women. Lam said much of the material is geared toward women, and specific

measure to prevent rape are discussed.

Dealing with the psychological damage suffered by an attack victim is difficult. Rape presents particular emotional problems, he said, and "physical wounds usually heal faster than emotional ones."

Lam stresses in the course that common sense can help prevent attacks. He said staying in well-lit areas at night and walking in groups

cuts the chances of attack by 90 to 95 per cent.

Screaming may effectively frighten an attacker or summon help, but Lam warned the situation should determine the course of action. "Any time a weapon is involved it changes the way you look at things," he said.

Though the course can't guarantee a person won't panic when in danger, Lam thinks class discussion of

situations may help someone remember what to do in an emergency.

A person who may freeze up and be unable to fight may remember to "psych out" her attacker, Lam said.

"There is no way to become proficient in self-defense in only one semester," he said. "Individuals who study karate, for example, spend years perfecting techniques."

Though judgments on how to react if attacked may be better after taking the course, self-defense instruction does not claim to be an "answer-all," Lam said.

Measuring the course's success is difficult, he explained, because people who have been assaulted usually don't like talking about it.

Donna Arnold, a freshman taking the course now, said she has learned to try to talk

her way out of a possible attack situation. "The defense techniques aren't really that helpful for girls," she said. "Coach Lam wants us to know what to do, but he doesn't expect us all to have the strength and the coordination to handle all of the escape moves."

Senior Robin Shea, who took the course as a freshman, believes the exercise was the most beneficial part of the course

for her. "I had the class a night and we joked that if you could get home without getting attacked, you would pass."

Pam Bryant, a freshman currently enrolled in self-defense, agrees with Shea that the exercise is helpful. "I'm probably in the best shape now I've ever been in," Bryant said she has an understanding of what to do in an attack, but, "I hope I never have to use it."



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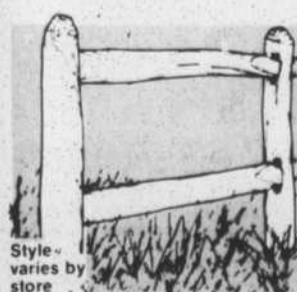
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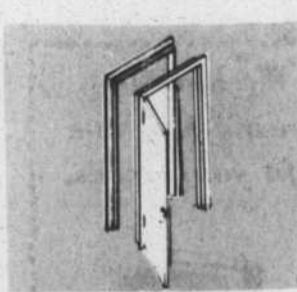
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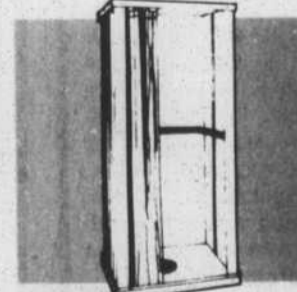


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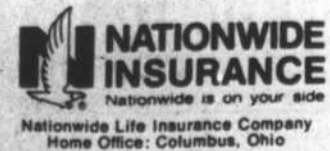
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