

# UNC students learn self-defense skills

Session stresses what to do in assault

BY MEGAN HANNAY  
STAFF WRITER

A group of UNC women learned to rethink their "good-girl" instincts and listen to their intuitions in possibly threatening situations Tuesday night at a SafeSkills self-defense workshop.

Kathy Hopwood and Beth Seigler, of the Durham-based self-defense group, taught about 12 students how to prevent sexual assault and defend themselves during an attack.

"They teach on a lot of prevention and awareness techniques

and also a lot of verbal things you can do because a lot of women are afraid of acting out and being physical," said Emily Dunn, co-chairwoman of Project Dinah, the UNC women's empowerment group that sponsored the free event.

Hopwood and Seigler showed participants physical defense moves they could use to protect themselves from an attacker. They also gave the students advice on how to keep away from vulnerable situations.

"In a workshop, my goal is to have people feel their power,"

Hopwood said. "It's not always physical power."

She explained that the media often portray women as weaker and needing protection but that women have instincts they can trust and have the power to defend themselves.

Participant Alanna Brock said that she appreciated the confidence-building approach.

"It was great to have someone here who could give us tools to defend ourselves in any kind of threatening situation," she said.

The following is a list of moves with the right side of the body described as the dominant side. Reverse for left-side dominant.

## 1) GROIN KICK

Stand with your feet hip-width apart with your right foot slightly behind your left — this is called the box position. Bring your knee up and toward the groin in one smooth kick. This kind of attack is better if you are closer to your assailant because if he can see your leg coming, he could grab it and prevent the attack.

## 2) BACK KICK

This kick will help you get away from an attacker who is holding you from behind. Your feet do not have to be in the box position for this move to be effective. Flex your knee up in front of you, then kick your leg back with your foot flat.

Look behind you to aim for the attacker's knee. It is best to hit right on the knee or slightly below it.

## 3) COFFEE CUP PUNCH

Stand with your feet in the box position. Hold your right hand in a fist at your side, with your elbow close, and keep your left arm across the chest. Keep your right elbow bent as you go up for the punch, and your fist should be vertical — mimicking holding a coffee cup.

This move is most effective if you hit the eyes, nose or windpipe.

## 4) FRONT KICK

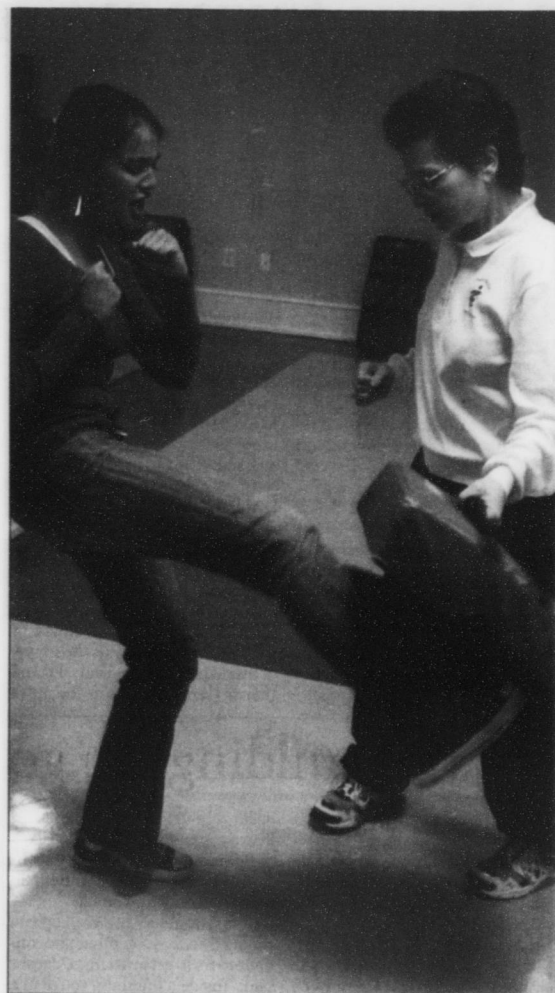
This kick is designed to hit the leg of an attacker in front of you.

Begin in the box position, and lift your right knee up. Then strike forward at the attacker's knee or shin. Keep your ankle locked but your toes out, not curled. This is referred to as the "Barbie doll foot."

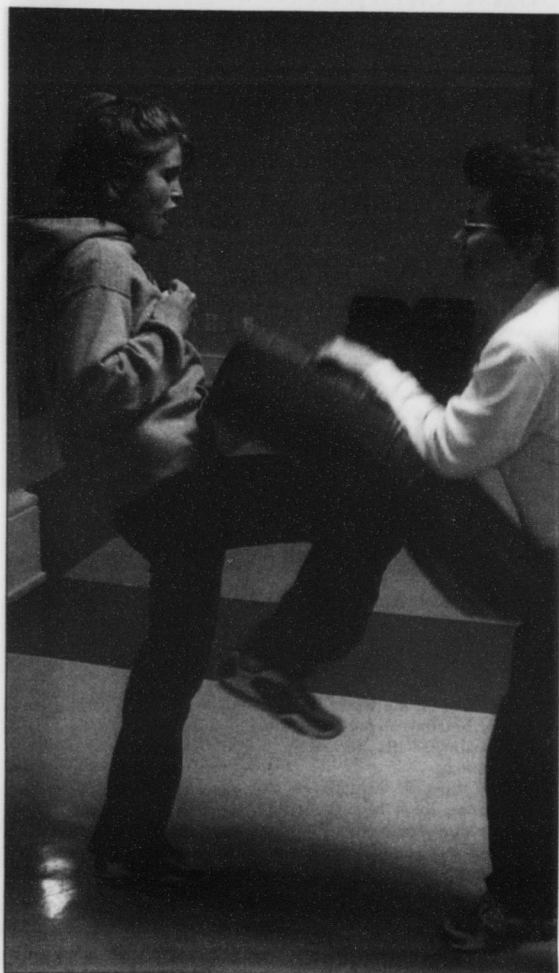
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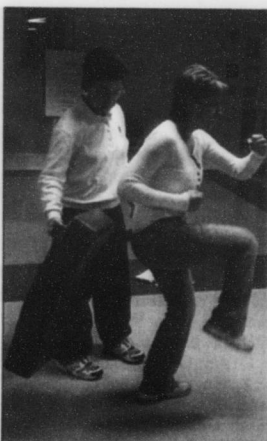
DTH/RACHEL RODEMANN  
Junior Jennifer Melton attempts the "Coffee Cup Punch," punching forcefully and straight on with the front part of her fist.



DTH/RACHEL RODEMANN  
Junior Kavita Koppa demonstrates a "Front Kick" on Seigler by kicking directly at the body while keeping the ankle locked and the thigh raised.



DTH/RACHEL RODEMANN  
Senior Alanna Brock demonstrates the "Groin Kick" on Beth Seigler, one of the leaders of the SafeSkills event that was held Tuesday on campus.

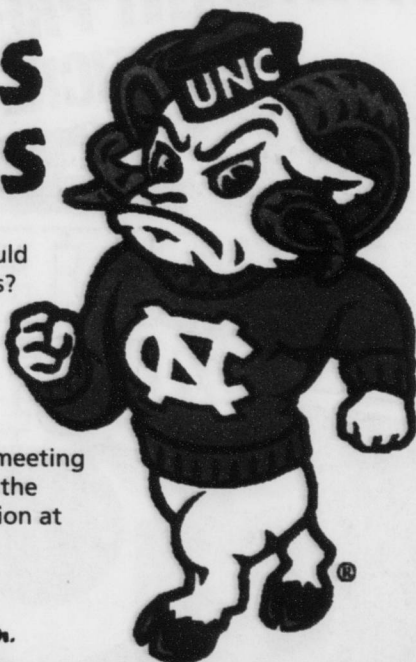


DTH/RACHEL RODEMANN  
Tiffany Marlowe performs the "Back Kick" to defend against attacks from behind while kicking backward through the knee.

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