

Wen-Do self-defense coming soon

Press Release

Convincing women that they are capable of defending themselves is one of the biggest obstacles in teaching self-defense.

But one unique course has a very high success rate at doing just that.

Crime Stoppers

Our Crime Stoppers feature this week takes us to the resort town of St. Andrews by the Sea, which attracts many visitors

On August 2nd, 1993, many celebrated New Brunswick Day but two days later, the Town was dealt a tragic blow.

It was about 4:00am, August 4th. In thick fog, a resident notices an orange glow in the sky. It was soon discovered that the Town 180 year Block House was in flames.

Situated on Joe's Point Road, across from Centennial Park, the historic landmark was burning rapidly.

The fire department managed to extinguish the blaze however the building sustained major damage.

Police and Fire Marshall investigators have determined that the fire origin was near a bench, next to the building's main entrance.

Investigators have now eliminated all causes except arson. Someone deliberately set the fire.

Charlotte County Crime Stoppers will pay a minimum \$1000 for information received this week that leads to the arrest of the person responsible for this crime. If you have information concerning this case, or information on any other unsolved crimes in New Brunswick, please, call Crime Stoppers at 1-800-222-TIPS; that 's 1-800-222-8477. Only your information is important not your name. Should your tip lead to an arrest, Crime Stoppers guarantees a cash award.

Economist and Poet to lecture at UNB

Press Release

A Yucatan economist and poet will give two separate lectures at UNB on Friday, Oct. 22.

At 12:30pm, Carlos Peniche Ponce, a poet from the Mexican state of Yucatan, will give a talk in Spanish on 'Literature in Yucatan', in the student lounge of the Spanish Department in Carleton Hall.

At 4:00pm, Ponce, who is also an economist with the Yucatan Ministry of Fisheries, will discuss fishing policies in Yucatan for the Anthropology Department in Annex C, Room X4.

The Anthropology Department is in the process of establishing a research project on fisheries in Merida, the capital of Yucatan.

For more information on these lectures please contact Christiane Paponnet-Cantat at the Department of Anthropology at 453-4975 or Mariano Piquer in the Spanish department at 453-3571.

The course is called Wen-Do.

Wen-Do is a Toronto-based self-defense course which will be offered to Library employees and UNB students from October 21-24.

Past organizer Valerie Kilfoil said the main difference between Wen-Do and other self-defense courses is that Wen-Do was designed specifically for women and is taught by women only.

Because past courses have been so successful, for the first time this Fall a total of three Wen-Do courses are being offered at once.

"When we brought the course to UNB, none of the women believed me when I told them that in 48 hours they would be breaking a board with their bare hands," said Kilfoil.

"But at the end of the second day every woman in the course broke a 10 by 10 inch and one-inch thick board with her bare hand," she added.

"People often forget how important the psychological aspect of self-defense can be. If a woman really doesn't believe she can protect herself, then all the techniques in the world aren't going to help her," said Kilfoil.

Jane Proctor, the current organizer of the Wen-Do courses agrees. "If a woman wants to focus completely on physical self-defense, then I would recommend enrolling in one of the several martial arts programs that are available here on campus. What I was looking for was a program that revolves around a woman's needs and the dangers we feel vulnerable to every time we

walk down a street alone and hear footsteps behind us."

"It doesn't feed you false images of becoming some sort of Super Woman. It makes you realize that you don't have to be Super Woman to protect yourself and survive. It teaches you that you don't have to physically overpower your aggressor.

Wen-Do focuses on three A's: Awareness of your surroundings and potential dangers; Avoidance of tense or potentially dangerous situations; and Action to enable you to get out of dangerous or violent situations.

You are taught ways to discourage and detain them long enough for you to get to safety without needing a lot of physical strength or fitness.

Kilfoil, Proctor, and several of the other women involved with the Wen-Do program have taken other self-defense courses as well as Wen-Do, but found them lacking.

Kilfoil said, "In one course, the male instructor told a female student that, according to studies he read in textbooks, that it was impossible to be raped in the position she described, even though she said she would have been if someone hadn't entered the room at that moment. I found his attitude totally appalling."

Unfortunately, Kilfoil is not the only woman who has expressed these or similar feelings about male-run, or "quickie," one-evening self-defense courses which taught the women a couple of punches and kicks and then told them they had nothing more to worry about.

"That is an unacceptable delusion," said Proctor. "Wen-Do isn't naive enough to believe this and the women who have taken the courses with me have appreciated this fact.

Because Wen-Do entails intensive discussions and practice, a 15-hour commitment is necessary to complete a beginners course.

"This is where many past participants have seen the difference from other programs," said Proctor.

"Many women have told me they found the discussions of women's issues in self-defense, and women's rights in violent situations, very impressive."

"I have seen Wen-Do give peace of mind and improve self-confidence in some of the meekest, most reserved women I know."

The beginners course for students

will be held Saturday and Sunday October 23 & 24 from 9:00 a.m. - 4:30 p.m. at a fee of \$35.

There will be an intermediate course offered to all those who have previously completed a beginners course. It will run 2 hours per night for 3 nights October 21-23 inclusive. Fees will be proportional to registration.

All students interested in taking the course can register at the Help Centre in the SUB immediately. ID is required.

Those interested in the intermediate course can leave their name and phone number at the Harriet Irving Library Help Desk or phone Jane Proctor at 457-2764 and leave a message. All classes are limited to 20 people.

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