



Self Defense for People with Disabilities

Websites

<http://www.defenseability.com>

International Disabled Self-Defense Association

http://www.fightingarts.com/content02/wheelchair_tech_1.shtml

FightingArts: Kurumaisu Jutsu – Wheelchair Techniques

<http://www.mult-sclerosis.org/news/Jan2002/SelfDefenceForDisabled.html>

All About Multiple Sclerosis: How Can People with Disabilities Remain Both Mobile and Safe?

<http://www.not-me.org>

Not-Me!

Promotes self-defense skills to at-risk populations, including people with physical disabilities.

<http://www.not-me.org/selfdefenseforsci.pdf>

Self-Defense and the Martial Arts for and by People with SCI/D

This book by Erik P. Kondo teaches self-defense techniques and profiles martial artists with spinal cord injury/disease.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- Robertson, Dirk. **Martial Arts for People with Disabilities: An Introduction.** London: Souvenir Press, 1991.

- Trimble, Aidan. **Martial Arts for People with Disabilities: Essential Tips, Drills and Combat Techniques**. Broomall, PA: Mason Crest Publishers, Inc., 2003.
- **Protecting Yourself: A Crime Prevention Guide for Persons with Disabilities**. Canadian Association of Independent Living Centers. www.cailc.ca

Videos

- 4 volume series from IDSA
www.defenseability.com
The Science of Self-Defense
NOTE—the PRC does not own this
- Safety Shield Inc. presents **Accessible Safety**. Richard Diamond is the instructor. Video may be purchased from Diamond at:
Richard Diamond
Accessible Safety Video
12 Sulak Lane #31
Park Ridge, NJ 07656
- **Wheelchair Workout with Beginning Karate**. Featuring Patrick Horgan with Sensei Gregory Aldred. Senkai Productions.
NOTE—the PRC does not own this

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