



Self Defense for People with Disabilities



People with disabilities experience a rate of violent victimization at least 2.5 times higher than those without disabilities according to data compiled by the Bureau of Justice Statistics. Learning a variety of self-defense measures, such as using an alarm to call for help or identifying adaptive martial arts techniques that best match individual function, will better prepare wheelchair users to protect themselves in unexpected

situations. Contact local martial arts studios or rehabilitation hospitals to see what programs and classes might be available in your area.

Websites

Adaptive Martial Arts Association

<https://www.facebook.com/adaptivemartialartsassn/>

<https://adaptivemartialarts.org/>

PO Box 225

Pittsford, VT 05763

Phone: 802-747-8184

Offers an online directory of martial arts schools that offer adaptive classes.

International Disabled Self-Defense Association

<http://www.defenseability.com>

22-C New Leicester Hwy., #259

Asheville, NC 28806

FightingArts: KurumaisuJutsu – Wheelchair Techniques

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

FightingArts.com: Teaching Martial Arts to Differently Abled People

<http://www.fightingarts.com/reading/article.php?id=6>

Rolling Without Limits: Self-Defence Tips for Wheelchair Users

<https://www.rollingwithoutlimits.com/view-post/Self-Defence-Tips-For-Wheelchair-Users>

Shepherd Center: Self-Defense Class Helps Wheelchair Users Prevent Attacks and Defend Themselves

<https://news.shepherd.org/self-defense-class-helps-wheelchair-users-prevent-attacks-and-defend-themselves/>

SpinalCord.com: Stay Safe in Your Wheelchair—Self Defense You Need to Know Now

<https://www.spinalcord.com/blog/stay-safe-in-your-wheelchair-self-defense-you-need-to-know-now>

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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