

My Priorities & My Stuff

Priorities – You have to know what's worth fighting for – you have to have priorities. What are your priorities?

- My 1st Priority is _____
- My 2nd Priority is _____
- My 3rd Priority is _____
- I am NOT my _____

Things I carry on me that are worth dying for:

Things I could lose that I'd want to replace:

| <u>Item (ID, Bike, Computer...)</u> | <u>Phone#, Website, Serial #...</u> |
|-------------------------------------|-------------------------------------|
| _____ | _____ |
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Self-Defense

...the Zine

Written by Laurel
Illustrated by Axle & Lucy

FIGHT LIKE A GIRL

FREE WOMEN'S SELF-DEFENSE
Empower Yourself!
Don't Be a Victim!
718-418-9892

NEXT CLASS:
Traditional Okinawan Karate
248 McKibbin St. (L train)
Bring a friend!

YouTube: TOK Brooklyn Women's Self-Defense
SelfDefense.Brooklyn@gmail.com

This is a work in progress.

I crave your feedback – please send me your opinions, experiences, critiques, etc!

Write me at SelfDefense.Brooklyn@gmail.com

Notes



This zine is about self-defense. In order to talk about self-defense, we must discuss violence. A few of the anecdotes (indented and italicized) describe acts of abuse and sexual assault. This may be triggering for some people to read. Please take care of yourself and find a safe and supportive space where you can process and talk to someone you trust.

My intention is to help you feel empowered, educated, curious to learn more, and generally better prepared for navigating the world; not triggered by memories or paranoid about things that may never happen to you.

Notes

History of this zine

Physical and sexual assault, (especially on women and queer folks), is all too prevalent in today's society. This zine is intended to supplement a women's self-defense class that I teach at my martial arts school, in Brooklyn, NY. We started offering these classes in 2013, after reports came out of a creep in our neighborhood who was violently targeting women.

I decided to write this in order to have more time to show physical techniques during class. I strongly encourage you to attend the class or one like it if you're concerned with what to do if someone actually puts their hands on you. The class is free, open to the public, trans*-inclusive, and taught by women.

Theory

In truth, self-defense classes treat symptoms, not causes. They give us some tools to keep ourselves safe in case we're attacked, but they don't stop that attack from occurring. The best way to solve a problem is to attack the root cause. In this case, that would be working with perpetrators and young men to unlearn abusive behavior. However, while we're waiting around for the whole world to overcome whatever their personal history is and turn into respectful, well-adjusted people, abuse and violence continues. Therefore, I feel we must use a diversity of tactics when resisting an issue as complex as gendered violence. Training in self-defense is one of the tactics I've found helpful and empowering.

