

SELF DEFENSE

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Being in the military, many of us are very protective of what we love and care about. Soldiers and families from the 31st Air Defense Artillery Brigade can feel a lot safer thanks to a free spouse self-defense course offered by Tensho Goju Karate and the 31st Air Defense Artillery Brigade Family Readiness Group. “The most important thing that I want the spouses to take from this workshop is a comfortable mode of self defense,” said Hanshi Thomas Felder, the course instructor. “I’m going to teach various techniques from different angles. If they can’t remember everything I teach them today, then they can take the three they are most comfortable with and work on those.” The family members learned how to protect themselves when grabbed from behind, and also learned ways to protect themselves from a frontal assault. Desirae Alvarado, one of the spouses, said there were a couple of techniques in particular that impressed her.

“The choke hold is definitely a killer, and the finger to the throat is definitely a good one too.” Another spouse said the course helped make her feel more confident in her ability to defend herself. “I do feel better prepared,” said Heather Little. “I learned not to overpower and just use more technique.” Little added that she thought other spouses could benefit from the class. “I would absolutely recommend this to anyone who wishes to learn to better defend themselves.” Felder added that the spouses need to continue to use the techniques. “Practice what I teach. Practice it, and continue to practice it. Never cease to practice because when we become complacent, then we start to lose train of thought, train of mind, and the physical ability to work those techniques.”