

# Self-defense Workshops

Center for Anti-Violence Education (CAE) <https://www.caeny.org/>

**The Center for Anti-Violence Education (CAE)** works to prevent hate violence in our communities through educational programs that center the experiences of the people most marginalized. Programs combine awareness raising, physical empowerment, leadership development and activism. The organization was founded in 1974, formerly named Brooklyn Women's Martial Arts, with target focus on violence prevention and awareness training tailored to the surrounding community's needs and changing landscape.

Our three core workshops will be the following:

## **De-Escalation and Safety** (virtual)

This training will help team members recognize the continuum of stress, which has the potential to result in crisis and violence. You will examine how intersectional identities: including gender, race, and body size, shape how team members to de-escalate situations. Through scenarios and role playing, team members will practice setting clear boundaries and using concrete de-escalation skills at their own pace and comfort level.

## **Introduction to Public Transit Safety** (virtual)

Public transit is an essential part of many of our lives. "Introduction to Public Transit Safety" is the overview summary series designed for anyone who wants to feel safer riding the subway or bus. The curriculum includes verbal de-escalation strategies as well as physical techniques to help you get away safely and help others stay safe. In this two-hour workshop, team members will learn precautions, verbal strategies, and physical techniques to increase his/her safety on public transit.

## **Empowerment Self Defense 101** (In-person, hybrid)

This introductory physical self-defense training will teach team members fundamental blocks and strikes to get away safely. Team members will learn practical ways to manage distance while using footwork and complete exercises and drills to improve your muscle memory when responding to sudden physical attacks.