

Self Defence is in a Woman's Nature

Self Defence is one of the natural functions of a woman. Every woman has this hardwired in her physical intelligence. The human mind has evolved much in the one million years that we have inhabited this planet, becoming ever so complicated and sophisticated. However our bodies remain wired with the same original primitive intelligence. The male body still carries the seed of a hunter-gatherer and the female body the seed of nest protector. Try snatching a kitten from it's mother and you will experience this natural instinct first hand.

The truth is that women still carry this potential. It is natural for a woman to be able defend herself. However, it remains a potential for most women, unexplored. This is because it lacks the right atmosphere. Self Defence training should provide the atmosphere for the flowering of this potential.

I have been training people in self defence for a little over 15 years now. But when I started to train women exclusively I was surprised with the ease and pace of their learning. In just 4 hours they could assimilate all the skills. In 9 hours they would master the skills and begin applying them. Starting with the nasty looks and the 'mom voice' to driving her knee into the attacker's abdomen while simultaneously jabbing his throat, it all came in a flow. My team and I have trained over 6000 women in the last 4 years. This is one life skill that they all love because it helps them keep in shape as well!

Men can dish it out but can't usually take it. We're too big and too stiff, like a tree. We break after a point. Women's bodies however are flexible like a bamboo. The female body can be trained to be whip-like and agile. It's no secret that our minds too are similarly structured. Men use more of the left hemisphere of their brain which results in stiff and linear one-thing-at-a-time-and-I'm-always-right thinking. While women can process multiple streams of information and produce one smooth integrated act because they can use both sides of their brain.

I'm convinced that self defence is the way forward to true feminine empowerment. I wish that more women would explore this option of carrying actualized power in their bodies. It's all fine to protest and make laws but when push comes to shove and physical violence begins, women have to know what to do.

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