

Women's self defence is different

Everyone knows that men and women are different. This is really true when it comes to violence and self defence. This community is dedicated to helping women find creative and effective ways of self defence.

Here are some differences I know of when it comes to self defence

Men are 2.4 times stronger in their upper bodies on an average and 1.9 times faster and more reflexive

however with training a woman's lower body can equal a man's in striking power in a very short time

Women have greater pain tolerance than men

women smaller lung capacity than men

women can process more information in their brain than men

women have a wider cone of vision than men

women have a shriller voice and can train to use it with devastating effect.

women's self defence training has to use these differences smartly