

***Different approach analysis of
self-defence for people with
physical disability***

Jitka Čihounková, Alena Skotáková, Martin
Bugala, Jan Šenkýř

Faculty of Sport Studies, Masaryk
University, the Czech Republic



Introduction

- The term ‘disability’ has been much discussed in recent years.
- WHO “Disabilities is an umbrella term, covering impairments, activity limitations and participation restrictions. An impairment is a problem in body function or structure; ... Thus disability is a complex phenomenon, reflecting an interaction between features of a person’s body and features of the society in which he or she lives”.



Violence and disability

- very real problem that faces all regions of the world, including Europe
- people with disabilities are “more vulnerable” to violence than able-bodied people
- vulnerability is not a ‘characteristic’, but rather a phenomenon related to how violent people, perceive the person they victimise.
- The main point is to ensure that people have the knowledge, tools and means to protect themselves to the full extent of their capacity.
- The higher risk of victimisation in the disabled can negatively influence the degree of independence



Aim and Methods

- The aim of the study is to analyze the current state of self-defence for people with physical disabilities in the world.
- Using meta-analysis we are looking for common elements to create new patterns of self-defence for people with physical disability.



USA

- The International disabled **Self-defense Association** (IDSA) since 1996
- The Defense Ability system based on combat hapkido was developed by paraplegic Jurgen Smidt.
- Advanced training includes defences against weapons as well.
- The official website www.defenseability.com
- demo on [youtube](#)
- **Ronald van de Sandt** adapts some defence technique from American Kempo, Shorin Kempo, Karate and Aikido for self-defence on wheelchair.
- the wheelchair as an always present weapon
- different **parts of the wheelchair**, in particular handles, breaks or footboard in self-defence employed in self-defence
- A good level of ability to manipulate with the wheelchair is essential.



USA

- „**NOT-ME!**“ non-profit organization
- primary objective: to promote, advance and unify self-defence education and training for at-risk populations (that are traditionally considered vulnerable or have been historically targeted for violence, include but are not limited to people with physical disabilities, women, the elderly, the gay and lesbian population, and ethnic minorities).
- Erik Kondo - a key person and founder, became disabled at the age of 19 after a motorcycle accident.
- NOT ME! strategy is elaborated into details.
- grounded on 5D – decide, deter, disrupt, disengage and debrief.
- many videos are available on youtube as „[Paraplegic Self-Defense](#).“



France

- „Self defense en Fauteuil“, an infant working group of 5 members (3 on wheelchair)
- apply Krav Maga concept to self-defence for people with physical disability.
- The official website is available from <http://www.sdfworld.org>.
- Another French judoka Adrien Marcone focused his classes of self-defence for wheelchairers on prevention of bad habits in the field of self-defence.



Germany

- the higher risk of sexual assault in women with physical disability.
- a female trainer of self-defence is mostly required by German women on the wheelchair
- This requirements is met naturally in **wendo**, where only women are in the position of trainer for other women with or without impairments
- The possibility to express their feelings, concerns and experience with every kind of violence is for disabled participants important too.



Germany

- **Patric Hummer**, usage of strong and self-confident voice, which every participant should adopt to discourage attacker in the first phase of conflict.
- physical defence: sensitive nervous endings on body, using improvisational weapon including the wheelchair.
- He encourages participants to lower attacker to them
- **Nils Thate** applies wing tsun and escrima to self-defence.
- regular seminars of self-defence for children and youth on wheelchair
- A condition training, body language, usage of voice, various defence techniques and recognition of the coming threat.



The Czech Republic

- a need to create a concept of self-defence for people with physical disabilities
- No association offers regular courses for disabled people.
- in 2014 in Brno, where Self Defence Brno club held a four hour seminar for people on mechanical wheelchair. Marian Komrska, the head instructor of the course had been using a wheelchair for 3 month to find out what kind of problems people with physical disability could face.
- During creation of self-defence concept we draw on Wagner and Cooper with baring in mind specific needs and limitations of people with physical disability



Conclusions

- The self-defence concept for physically disabled people should meet their requirements, which can be formulated by disabled people only.
- General research of disabled people's security threats should be done for the first proposal of the concept. Then the same should be done for every group of participants before each course.
- Each individual participant needs specific approach with accord to the type of their disability. Only this way leads to making use of the full extent of their capacity.



Conclusions

- The course should include every aspect of self-defence: physical, mental, tactical preparation for conflict solution such as prevention and communication strategies, physical defence and **postconflict acting**.
- Because of movement limits the defence strategy should focused on the pre-conflict phase, prevention and communication, as well as on asking for help and using security aids such as personal alarm or lacrimatory spray.
- a necessity of barrier-free entrance



Thank you for your kind attention.



Kane J. Violence and disability [Internet]. Luxembourg: EUR-OP; 2008. 28 p.
Available from: http://www.kaneinternational.com.au/assets/daphne6_violence-and-disability_english_1.pdf

Brown B. Daring greatly: how the courage to be vulnerable transforms the way we live, love, parent and lead. 2013.

Frison M. Self-défense□: les personnes handicapées aussi [Internet]. Self-défense□: les personnes handicapées aussi - Isère Magazine. 2015

Hermes G. Selbstbehauptung und Selbstverteidigung für behinderte Mädchen und Frauen. Info - Informationsblatt Bundes Organ Behind Frauen. 2001;(6):1–5.

May A, Remus N, BAG Prävention & Prophylaxe. Sexualisierte Gewalt gegen Menschen mit Behinderungen. 1., Aufl. Berlin: verlag die jonglerie; 2000. 190 p.

OFES, Thate N. Selbstverteidigung mit handicaps [Internet].
<http://www.ofes.de/handicaps/presseberichte/index.html>. 2015 [cited 2015 Jun 4].
Available from: <http://www.ofes.de/handicaps/presseberichte/index.html>

RSG Langenhagen 82 e.V. Selbstverteidigung [Internet]. RSG Langenhagen 82 e.V. - Selbstverteidigung. 2015 [cited 2015 Jun 4]. Available from:
<http://s284647305.website-start.de/sportarten/selbstverteidigung/>

Werner H. Jetzt weiß ich, wie ich mich ohne Kraft verteidigen kann. Sport Mobilität Mit Roll. 2013;32(11):22–3.

Wagner J. Defensive tactics for professionals and civilians. [United States]: Budo International Publishing Co.; 2005.

Cooper J. Principles of personal defense. Boulder, Colo: Paladin Press; 2006. 79 p.