

# Learn to defend yourself

by SANDRA GIBSON

STRIKE is a 12-week program being offered free at Avalon that teaches street-wise self-defence.

But the program, which is presented through Hoshin Jutsu Australia, encourages youths to use more than their fists to fight.

Ben Richards, 18, of Bilgola, who has been taking part in the program for six weeks, said Strike had taught him how to deal with situations non-violently.

“I was in a situation recently and I was able to stop a fight because I knew how to deal with it in a non-violent manner,” he said. However, if Ben needed to defend himself he is confident he could.

“It deals with realistic situations where you are able to use things around you to defend yourself,” Ben said.

According to local program coordinator Jeff Smith, Strike is specifically targeted at youths and issues affecting teenagers.

“Strike was created by renowned conflict resolution specialist Robert L. Humphrey and was originally taught to the US Marines, who knew how to use a gun but were experiencing difficulties and emotional fear dealing with the lesser conflict



**Learning Hoshin martial arts at Avalon Recreation Centre.**

of hand-to-hand self-defence,” Mr Smith said. “The Strike program would present individuals with easy-to-learn, fast hand-fighting skills they could learn with years of marital training but in only a matter of

weeks.” He said the program was a positive influence in the lives of young people and a fantastic outlet for pent up energy and frustration.

“Goals are set within the program so that (they) can see the direction (they) want (their lives to head in, meet challenges as they arise and overcome them,” he said. For more information about joining the program phone 9481 7817.

**Picture: ROS CANNON**