

## Hands-on training for women to tackle situations

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**Chennai:** Women are looking beyond rigorous fitness classes and dreams of making size zero. Learning how to be safe and tackling unpleasant situations in specially designed regimens emphasising on psychological training rather than rigorous martial art classes seems to be the new thing.

A growing number of incidents of violence seems to have driven the trend, say city martial art experts.

Anoop Madhavan, a martial art expert and founder of Survival Instincts, says, “The emphasis has been in enhancing the psychology of the woman and simulating attack situations so they are well aware of what is coming.”

Pavitra Nuthaki, training manager of the team, says, “Of the 8 hours of the training, six are used in simulation. We suit up and approach her with all elements of violence, screaming and even lifting her from the ground.”

“Other martial arts, be it karate and Krav-Mag, are more regimen-oriented and the simulation part of it is non-existent. Therefore, such programmes make a different pitch and are catching up given the short span of time it takes to learn and larger pragmatism.”

“Today, companies are doling out pepper sprays to women employees, but almost 99 per cent of them are in a fix when it comes to use it in a real-life situation,” says Anoop.

Pointing out that either the equipment malfunctions after being kept in the bag for a long time or it is the response time. By the time she takes it out, the assailant has made the next move and almost 23 per cent of women, under pressure, do not see where the nozzle is pointing and spray it on themselves.

Chethna, a second-year student at WCC, says, “Many a time, I have been harassed by men in buses but post the workshop, I am confident of taking care of myself and I would go ahead and help a woman in distress too!”

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