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Post ATM attack, women get self-defence tips

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Chennai: Women usually walk around with an armoury — their handbag — and the items inside are potential weapons, but using them needs as much marksmanship as using an actual firearm.

“The nose, throat, ribs, groin and thighs — these are your targets when an assailant tries to hold you in a tight grip,” said Anoop Madhavan, raining blows on an invisible attacker as women in the packed room watched keenly.

A self-defence workshop for women in the city on Monday, organised by the Russian Centre of Science and Culture in the backdrop of the recent attack on a woman in an ATM in Bangalore, helped them prepare to thwart such incidents.

And thwart they did. Participants pushed, shoved, kicked and thumped, making the 6-foot ‘assailant’ in combat gear stagger. “Learning these moves doesn’t just prepare us to confront an attacker physically but it also boosts our



B A Raju

The workshop advised women to make the attacker feel inferior

confidence. Through our body language we can easily let the other person know we are not people they can mess with,” said Gheshna N, a second year student at Women’s Christian College.

At the four-hour-long workshop, women were taught the basic principles and techniques for defending and escaping from criminals. EVADE (Extreme Violence and Aggression – Defence and Es-

cape) taught them to identify potential criminals. “Most martial art classes teach you how to predict violence and learn a number of moves to defend, which you are sure to forget in a moment of danger. As violence is unpredictable, EVADE focuses on psychological conditioning than physical aspects of self-defence through effective simulation,” said Anoop, founder of Survival Instincts.

Anoop vouches for the boxing stance as an effective way to deter and fight attackers. “It is effective as your arms will protect your head, neck and ribs. While your legs are ready to knee his groin,” he said. “Show him you are superior psychologically, anatomically and stability wise, that’s you key,” he added.

Participants said workshops like these would come in handy in public spaces. “The only way to save our skin is to be prepared for any eventuality,” said Meenakshi A, a 48-year-old manager of a multi-national company.