

# NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

[Home](#) | [About](#) | [Disclaimer](#) | [Navy Medicine News](#) | [Navy Medicine WebSite](#) | [I AM Navy Medicine](#)

Written on APRIL 22, 2015 AT 8:25 AM by SVANDERWERFF

## "It's On Us" – NAMRU San Antonio Women Learn how to Fight Sexual Assault with Self-Defense Skills

Filed under [READINESS](#), [SEXUAL ASSAULT AWARENESS AND PREVENTION](#), [TRAINING](#)

(NO COMMENTS)



The Navy's goal is to eliminate sexual assault by fostering a culture of prevention.

**By Flisa Stevenson, NAMRU San Antonio**

Women staff from the Naval Medical Research Unit San Antonio (NAMRU-SA) embraced the theme "Eliminate Sexual Assault: Know Your Part, Do Your Part." They were taught Krav Maga strategies to protect and defend themselves in an attack or abduction situation, during the annual "Dangerously Cute" self-defense seminar that occurred earlier this year and benefits the local Rape Crisis Center

The command's Sexual Assault Prevention and Response (SAPR) coordinator Melanie Friesenhahn, organizes the command's participation in the women's only event each year with one goal –preventing and responding to sexual assault.

More than 200 women from the San Antonio area attended the personal protection training and were taught a variety of Krav Maga defense techniques to ward off attackers or potential abductors.

For some NAMRU-SA women, this is their second training event. They returned this year to strengthen the skills they first learned last August.

Friesenhahn said, "Repeating the seminar each year helps women stay strong, confident, and safe by raising awareness about sexual assault and by providing a 'real-life' self-defense skill

### Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

### Navy Medicine Social Media

[twitter](#) Follow us on Twitter

[facebook](#) Join us on Facebook

[issuu](#) Read our publications

[flickr](#) View our photo stream

[YouTube](#) Watch our videos

### Navy Medicine Live Archives

[May 2015 \(2\)](#)

[April 2015 \(20\)](#)

[March 2015 \(21\)](#)

[February 2015 \(16\)](#)

to help women fight sexual assault.”

Krav Maga, which means ‘contact combat’ in Hebrew, is a self-defense system developed for the military in Israel that focuses on neutralizing aggression and threat with a wide combination of effective and efficient counter-attack techniques.

Krav Maga also strives for maximum versatility because you actually defend and attack simultaneously to quickly get yourself out of danger.

The workshop instructor informed participants to first be aware of their surroundings and be prepared to react effectively. Before the workshop ended, each woman had the opportunity to test her response skills.

One at a time participants were brought to the middle of the floor, and asked to close their eyes to simulate the disadvantaged position of not knowing they would be “attacked.”

At the sound of the instructor’s whistle, a male trainer dressed in padding attempted to either pick up and abduct the woman from behind or attack and choke her from the front.

All who participated used their new skills efficiently and effectively, and walked away from the training confident and empowered.

The Navy’s goal is to eliminate sexual assault by fostering a culture of prevention. During the month NAMRU-SA also participated in “Drive Out Sexual Assault” Golf Tournament and ‘Eliminate Sexual Assault: Know Your Part, Do Your Part!’ 5K Run/Walk.

← Next post

Previous post →

*svanderwerff* tagged this post with: [Marine Corps](#), [Marines](#), [Navy](#), [sailors](#), [sexual assault](#)

Read 164 articles by  
[svanderwerff](#)

January 2015 (12)
December 2014 (17)
November 2014 (11)
October 2014 (15)
September 2014 (20)
August 2014 (14)
July 2014 (13)
June 2014 (8)
May 2014 (11)
April 2014 (9)
March 2014 (14)
February 2014 (7)
January 2014 (7)
December 2013 (7)
November 2013 (12)
October 2013 (7)
September 2013 (14)
August 2013 (13)
July 2013 (11)
June 2013 (22)
May 2013 (15)
April 2013 (14)
March 2013 (14)
February 2013 (14)
January 2013 (12)
December 2012 (11)
November 2012 (11)
October 2012 (7)
September 2012 (9)
August 2012 (12)
July 2012 (13)
June 2012 (17)
May 2012 (22)
April 2012 (14)
March 2012 (13)
February 2012 (14)
January 2012 (13)
December 2011 (13)
November 2011 (20)