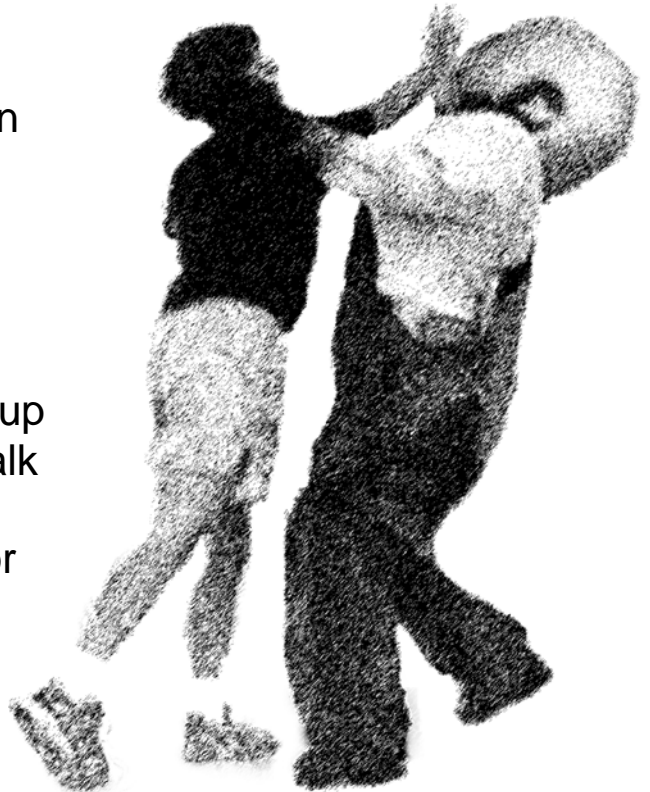


Self-Defense
IMPACT
Chicago

A Not-For-Profit Organization
773-561-9000
www.IMPACTchicago.org

IMPACT Chicago offers self-defense classes for women. We teach simple, powerful, and effective techniques in an emotionally and physically safe environment.

Learn to deliver a knock-out blow to an assailant of any size by working with a fully padded assailant. If you can walk up a flight of stairs carrying something, walk quickly across a room to pick up a ringing phone, and sit down on the floor and get up again, you are fit enough to participate in our programs. You need not be in top physical shape to take our programs; most participants are not.



Beyond physical skills, IMPACT self-defense students gain confidence and freedom to pursue life interests.

IMPACT has been featured on Oprah, Designing Women, Ellen, Roseanne, and at the Channel 5 Health, Fitness, and Fun Fair.

Come see for yourself!

We invite you to come and observe women successfully defending themselves in three realistic scenarios in an upcoming graduation.

Our Mission

Imagine a woman yelling “No,” stomping on the foot of a man who grabbed her from behind, and then getting to safety. Imagine a teenage girl being taunted by older boys as she walks home from school. Imagine her assessing that they pose no danger and then continuing to walk confidently and with awareness, knowing she does not need to yell back to be safe. Imagine a mother with her two children being approached aggressively by a man screaming words in English she does not understand. Imagine her standing strong and repeatedly yelling, until he runs away. Imagine a teenager leaving a party because the boy hosting the party insists she take a drink of his special brew.

IMPACT Chicago, along with grant providers such as McGowan Gin Rosica Family Foundation, financial and volunteer support from IMPACT graduates, and Chicago area community organizations, is providing women and girls the opportunity to learn skills to turn these images into reality.

- ◆ **Who are we?** IMPACT Chicago is a not-for-profit organization governed by a volunteer Board of Directors. IMPACT Chicago is a founding member of IMPACT International, Inc., an umbrella organization committed to maintaining ethical and professional standards.
- ◆ **What do we offer?** IMPACT Chicago offers self-defense programs that provide women and girls the opportunity to learn and practice prevention, assessment, verbal boundary setting, and physical self-defense skills in simulated scenarios. Scholarly research shows that women who complete IMPACT programs report increased self-confidence and awareness as well as demonstrate acquisition of a wide-range of verbal and physical self-defense skills applicable to many real-life situations.
- ◆ **What is our mission?** IMPACT Chicago is committed to ending violence and building a non-violent world in which all people can live safely and with dignity. IMPACT Chicago offers experience-based self-defense and educational programs directed primarily to women in Chicago, Illinois, and the Great Lakes region. IMPACT Chicago is committed to making its programs accessible to people of all economic, racial/ethnic, and social groups. IMPACT Chicago encourages the personal growth of people within the organization and supports their creative efforts to end violence and build a non-violent world.



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Core Program



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◆ **IMPACT builds on women's strengths.**

IMPACT's 24-hour self-defense course, the Core Program, and our other programs and workshops build on the capacity that women already have for effective self-defense: our ability to make good judgments, our strong hips and legs, and our potential for feeling fear and anger. In an attack situation, women often end up on the ground because they are shoved, fall, or are already lying in a bed, on a sofa, or on the beach. IMPACT teaches women to drop to the ground and fight. Because a woman's strength is in her hips and thighs, being on the ground can actually work to her advantage.

◆ **IMPACT provides self-defense training in a safe, supportive space.**

Led by a highly trained female instructor, a team of female-male instructors and IMPACT graduate assistants work with a maximum of 16 women per course to teach a variety of self-defense skills in a safe and supportive environment. The step-by-step process of developing skills and confidence allows women to build on prior successes. By the end of the course, women have repeatedly used their skills to assess danger, set boundaries, and respond effectively to verbal and physical attacks.

◆ **Women learn to knockout an assailant of any size.**

With the support of other students and the female instructor, each woman has opportunities to practice using her skills, voice, judgments, and feelings in stimulated attack scenarios. Because the mock assailant wears heavily padded armor and is highly trained, women can deliver full force strikes and kicks.

◆ **IMPACT works.**

Of the 50 documented attacks against women who have completed full-force self-defense courses, 48 knocked out, disabled, or frightened away their assailants. Two made a judgment that submission was the safest choice. Researchers have found that graduates report increased self-confidence, increased ability to set boundaries, higher self-esteem, and greater freedom in their everyday life (Ozer & Bandura, *Journal of Personality and Social Psychology*).

Please call our hotline and leave a message with any questions: 773-561-9000.

Assault Statistics

If you have been sexually assaulted, know someone who has been, are fearful of sexual assault, or have stopped an attack, you are not alone.

- ◆ **The U.S. has a high rate of sexual assault.** Experts report that anywhere from 20% to 50% of women in the U.S. are sexually assaulted in their lifetime. The risk of rape is increased for adolescents, African-American women, and low-income women (Gordon & Riger, *The Female Fear*; Russell, *Sexual Exploitation*; Warshaw, *I Never Called it Rape*).
- ◆ **Most women do not feel safe.** Experts report that regardless of race, age, or income, women in urban areas feel more unsafe than men when they are out alone at night. Women use several strategies to deal with their fear of rape. Over 40% of women restrict their activities and over 70% use “street smarts” when alone at night (Gordon & Riger, *The Female Fear*).
- ◆ **Myths about rape heighten women’s fear and risk of assault.** Experts argue that widespread acceptance of myths about rape increases women’s fear and encourages the idea that women are responsible for attacks. Media reports of rape are more likely to report completed rapes than women preventing, minimizing, or stopping a rape. If women believe rape is uncontrollable, they are less likely to take self-protective measures than women who believe they have some control over a potential attack (Gordon & Riger, *The Female Fear*; Heath & Davidson, *Journal of Applied Psychology*).
- ◆ **Women are capable of effective self-defense.** Of women who are attacked, 80% use self-protective measures. Over 50% of women report that self-protective measures helped them to avoid further injury, scare off the assailant, or escape. Women are most likely to stop an attack if they act immediately and use multiple strategies, such as yelling, fleeing, negotiating, or fighting (Bart & O’Brien, *Stopping Rape*; U.S. Department of Justice).

Experts Speak

Gavin De Becker
The Gift of Fear

[IMPACT] is the best self-defense course for women...Most new IMPACT students are very concerned that they must avoid making a man angry, reasoning that this could turn someone whose intent was favorable into someone dangerous. Be aware, however, it is impossible in this context to transform an ordinary, decent man into a rapist or killer. Thankfully, though, it is possible to transform yourself into a person who responds to the signals and is thus a less likely victim.

Martha McCaughey
Real Knockouts

Padded attacker courses offer women a chance to experience full-force fighting, as these self-defense instructors believe that most successful assaults occur not because women aren't strong enough to fight men but because women facing an assailant often freeze up rather than fight. Because the "muggers" attack the students at full force...women ...learn their defense techniques while their adrenaline level is high and their fine motor skills low, thus committing the skills to "bodily memory" which will automatically be triggered in the course of an attack.

Ellen Snortland
*Beauty Bites Beast:
Awakening the Warrior
Within Women and Girls*

Beauty Bites Beast is an unabashed recommendation for full-force, full-contact self-defense...I believe that women and girls have been bamboozled into believing that they don't have a warrior within. I am here to say that's ludicrous and to help wake up that warrior. Wake her up; no more hitting the snooze button. She's there; she's strong; and she's ready to protect you if you'll give her the chance.



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Our Graduates Speak

- Ellen** It's like 50 pounds of fear have been taken off my shoulders. Thinking about my future now fills me with excitement instead of anxiety.
- Mollie** I came to IMPACT with the thought of learning how to protect myself... What I left with were parts of myself I never thought I'd find again. The sense of strength and trust I now have in myself are stronger than I could have imagined. I am grateful for the experience and support of the instructors and for the entire group of women who walked away empowered and confident.
- Kathy** IMPACT has provided me with the confidence and skills to both verbally and physically successfully defend myself. This is not a course to be taken frivolously. The attack scenarios are realistic and the fighting techniques are effective.
- Rosie** IMPACT has been the most incredible journey. I was raped a year ago by a teacher of mine and the world became a horrific grave of fear and guilt...It is the first marvelous, powerful step for me in bringing my mind and heart together. It has let me truly know how powerful I am and given me the self-respect and courage to know I'm worth defending.
- Janet** IMPACT has been more than just a self-defense course. It gives women the tools to protect themselves as well as the mental strength to maintain empowerment in everyday life.
- Meghan** It's made me stronger, proud, and confident of my abilities and my strengths. I feel safe, and that I don't need to rely on anyone else for my safety.
- Patricia** I am in awe of the effectiveness of the training. Size and age have no bearing. It is gratifying to see such positive transformations from timidity and broken spirits in such a short time. The feeling of power I never recognized before permeates my thoughts throughout the day.



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Instructor Profiles

Martha Thompson, Director

"My belief that ordinary women can do extraordinary things is continually affirmed in teaching IMPACT. We create an opportunity for women to recognize the power, fighting spirit, and love of life they already have."

Martha, Director of IMPACT Chicago, has been teaching IMPACT since 1988. She serves as IMPACT Chicago's representative to the national IMPACT community. Additionally, she works with a broader women's self-defense community as a member of the NWMAF Self-Defense Instructor Certification Board.

Martha received her PhD in sociology from the University of Iowa. She is Professor Emeritus of Sociology and Women's Studies at Northeastern Illinois University. She also holds a fourth degree black belt in Seido karate. In addition to IMPACT, her self-defense training includes Thousand Waves Martial Arts and Self Defense Center and the National Women's Martial Arts Federation Special Training.

Rob Babcock

"I want to be part of the process where men and women partner together to prevent both violence against women as well as breaking down the emotional and spiritual barriers society thrusts upon females."

Rob has been involved with IMPACT since January 1999. After moving to Chicago in 1995, he became involved in rape-prevention training as well as awareness, outreach, and education, working with Rape Victim Advocates (a Chicago non-profit) and student groups on college campuses. He really enjoys working with and teaching women's self-defense, particularly in the areas of violence demystification and boundary setting. These two areas are often the more misunderstood and least publicized parts of self-defense, as well as being more transferable to other life situations.

Dianne Costanzo

"The courage that I see in the women who fight from the very core of their hearts constantly feeds me, renewing my commitment to this work."

Dianne has been teaching IMPACT courses since 1988. She was one of the first women in Chicago to take IMPACT. Dianne has a PhD in English from Loyola University and has taught at the college level since 1977. She is a published poet. Dianne holds a fourth degree black belt in Aikido and also teaches Aikido. She is involved in spiritual direction, doing retreats and guiding people on their life journeys.



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Instructor Profiles

Mark Nessel

"I didn't believe a 24-hour program could produce such results. I'd been doing self-defense work for years and had never seen anything like it. I knew immediately that this was something I wanted to be involved in. I believe we're putting an end to violence against women, ten to fifteen women at a time, by helping women to remove themselves as potential targets for violence."

Mark developed and taught self-defense and martial arts for the University of Wisconsin-Madison Kinesiology Department from 1990-1998. He now works for the Division of Information Technology doing project management. Mark has been an IMPACT instructor since 1992 and self defense instructor since 1986. He holds black belts in Jiu-jitsu and Tae Kwon Do. He volunteers teaching Tae Kwon Do, Jiu-jitsu, and Judo at the University of Wisconsin for the intramural sports program.

Mark first came to IMPACT when one of his martial arts students brought him to a graduation.

Margaret Vimont

"To me IMPACT courses have always been about freedom to live in the world in a more complete and visible way. Providing this experience to women is a revolutionary act-- a revolution of old restrictive attitudes and beliefs in favor of greater freedom."

Margaret has been an IMPACT instructor since 1992. She holds a fourth degree black belt in Tae Kwon Do and created and instructs in a Tae Kwon Do program for youth and adults, particularly aimed at youth at risk.

She is a Licensed Clinical Social Worker who has been at the Jewish Children's Bureau since 1990, where she is now Chief Operating Officer. Her social work career has focused on the treatment of emotionally and behaviorally disturbed children and youth. She co-developed the full IMPACT course for teen girls.



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Core Program Schedule

Core Program

24 hour, 4-session course

(**Note:** Courses typically run from 11am to 5pm each day.)

February 18, 19, 25, & 26

(Sat/Sun: 11am-5pm)

JCFS Knapp Center
3145 W. Pratt Blvd.
Chicago, IL 60645

Tuition

\$395 (due 10 days prior to course)

Non-refundable Deposit

\$100

Other Fees

Late fee: \$20; cancellation fee: \$100; workshop transfer fee: \$50.

Bring a Buddy Discount

Receive a \$35 discount for signing up with a friend. For each additional friend, you get an additional \$20 discount.

Information to consider before registering for IMPACT

If you have any questions regarding these policies, please call us at: 773-561-9000.

Your Physical Well-Being

If you have a **temporary** injury or condition, such as: pregnancy, healing from surgery, sprained limb, wait to take the class until you no longer have this injury or condition.

If you have a **chronic** condition, we will need to know about it and will work to accommodate this. We encourage you to sign up.

The following policies enable us to keep the course costs as low as possible and limit our class size in order to ensure excellent individualized instruction.

- ◆ Students must attend EVERY class for the full class period in order to graduate from the course and be eligible for IMPACT's Advanced Programs. If a student does not complete the course, she forfeits all of her tuition. We offer no refunds.
- ◆ Students must arrive at least 15 minutes early on the first day of class or risk of losing their spots to standby students.
- ◆ Full tuition is due 10 days prior to the start of class unless a payment plan has been negotiated.
- ◆ To cancel or transfer to another course, we require written notice at least 14 days prior to the first class. The transfer fee is \$50. We will apply the remainder of the tuition to the new course.

Due to extenuating circumstances, classes may be cancelled. In such a situation, you will be notified and enrolled in the next available class that fits your schedule.



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Registration Form

To register:

Visit our website: www.IMPACTchicago.org, click on the "Register Now!" button, and fill out the registration webform located there.

OR

Fill out the form below and send it to: IMPACT Chicago, 4770 North Lincoln #6, Chicago, Illinois 60625.

A confirmation packet will be sent to you as the course date approaches.

Name: _____

Address: _____

City, State, Zip: _____

E-mail Address: _____

Day Phone: _____

Evening Phone: _____

To register for the IMPACT Core Program (four-session course):

Course Date: _____

Course Location: _____

Enclosed is:

___ **\$100** deposit (required to reserve your space)

___ **\$395** full payment (required 10 days prior to start of class unless a payment plan has been negotiated)

___ **\$415** full payment + late fee (if fewer than 10 days prior to course)

Please send me:

Tuition Installment Plan Scholarship Application



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Please sign and date.

Signature: _____ **Date:** _____