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Assault Prevention 101

By Mark Berthold

Assaults on women. What's the truth? Which are myths? How can women in Hawai'i protect themselves? Martial arts instructor Steve McLaughlin might have the answers.

After digging through crime statistics and speaking with officials on what those numbers really mean, he's developed some easy-to-learn techniques for women to prevent and escape from an assault.

"We found out that only 2 percent of assaults on women are in parking lots," says McLaughlin, who is an internationally registered 7th degree black belt and full professor of martial arts. "Most occur at home, in the bedroom. So we teach women how to defend in that scenario."

His assault-prevention course is designed for all women: those without a martial arts background, petite women, women who are not in shape, and any woman who simply wants to know how an attack generally occurs, and what she can do to defend herself.

McLaughlin is CEO of the nonprofit Hawai'i Jujitsu Kodenkai Martial Arts College. He packs a lot of learning into the one-time, four-hour course, but there's also plenty of humor. "We have a lot of fun," he says. "Most important, women learn something valuable, something they'll take with them all their lives and can teach their children."

Visit <http://www.hawaiijujitsu.org/> to register.

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