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## Women's Self Defense and Domestic Abuse

Most people would think that [women's self-defense](#) is only to protect a woman from a robber, rapist, or murderer. Most women who are attacked are attacked by a loved one or a person that they know. Domestic abuse is the number one reason a woman should take a women's self-defense class.



Many women suffer physical, emotional, and psychological abuse from their partners, boyfriends, or husbands. Even children and teenagers have been known to attack their girlfriends or mothers. You have to know how to protect yourself and protect your children from harm. The lack of knowledge about women's self-defense has proved lethal in many cases of abuse.



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Domestic abuse issues plague all walks of life. No matter if you live in an urban or rural area or if you are rich or poor, domestic abuse is a part of life and without the knowledge of women's self-defense; you are seeding the problem that you or your children will be harmed or killed.

Domestic abuse crosses the barriers of race, religion, or socio-economic status. You could have been married for ten years and then your partner will start to become abusive. Excessive drug use or alcohol use can spur these attacks, but the amount of stress that society puts upon our daily lives may just cause your partner to snap. You need to be ready when the moment comes so that you can protect what is precious to you, your dignity, your body, and your life.

A women's self-defense course can be easily found within your community. Call your local law enforcement agency and ask if they offer the service. Sometimes your YMCA will host a women's defense course which is at a low cost or sometimes free. Check out your local paper. Sometimes a women's self-defense course is listed in the community activities section. Just jot down the time and place and make time to attend. These lessons are usually short and very informative. Even take your kids. Sometimes the knowledge shared there can give you a little more confidence in their safety and well-being. You have to get out there try. Nobody is going to make the call for you, so find a women's self-defense course and attend.

If you are experiencing abuse, the best advice is to get out. If you want to salvage the relationship, you both can go to counseling. Do not let your significant other get away with it any longer. Go to a relative or a friend and only contact that person when you can be with another person.

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