

What is Unarmed fighting?

Unarmed, or empty-handed, fighting is that done without any kind of weapon except your body parts. It differs from martial arts in that the best programs are designed specifically for women.

An effective 20 to 25 hour course can teach you how to defend yourself, and render an assailant unconscious.

Where can I learn more?

Some programs that are known to have excellent defensive fighting training for women are **Impact, Rape Aggression Defense**.

Look for a training program that is taught by women, and that includes “fights” with men wearing special protective gear so that you can hit, punch, and kick full force.