

# DC IMPACT

## Self Defense

### A Violent Crime Trend

NY Times, Feb 12, 2006: MILWAUKEE — *One woman here killed a friend after they argued over a brown silk dress. A man killed a neighbor whose 10-year old son had mistakenly used his dish soap. Two men argued over a cellphone, and pulling out their guns, police say, killed a 13-year-old girl in the crossfire.*

According to the Bureau of Justice Statistics, crime in the U.S. rose sharply in the 1960's and 70's, generally peaking throughout the 80's. Homicides peaked in the late 80's, declined to a low in 2000, and then began rising again. But while violent crime in the 1990s was characterized by battles over gangs and drug turf, the police say the current rise in homicides has been set off by something more bewildering: petty disputes that hardly seem the stuff of fistfights, much less gunfire or stabbings.

Suspects tell the police they killed someone who "disrespected" them or a family member, or someone who was "mean mugging" them, which the police loosely translate as giving them a dirty look. And more weapons are on the streets, giving people a way to act on their anger.

Police Chief Nanette Hegerty of Milwaukee calls it the "the rage thing." "We're seeing a very angry population and they don't go for fists anymore, they go right to the guns. A police department can have an effect on drugs or gangs. But two people arguing at home, how do police go in and stop that?"

"When we ask, 'why did you shoot this guy?' it's, 'He bumped into me,' 'He looked at my girl the wrong way,' said Police Commissioner Sylvester M. Johnson of Philadelphia. It's not like they're riding around doing drive-by shootings. It is arguments--stupid arguments over stupid things." "When they calm down, all the numbers go down. When they heat up, all the numbers go up. They hurt each other over personal stuff. It is respect and disrespect and it's girls." While arguments have always made up a large number of homicides, the police say trigger point now comes faster.

"Traditionally, you could see the beef growing and maybe hitting the volatile point," said Daniel Coleman, the

### IMPACT Graduation

If you would like see IMPACT full-force self defense LIVE (with the padded "muggers"), please come to the upcoming Women's Basics Graduation on **Sunday, April 10**. Or if you are already a grad, come to support the new grads!



Women's Basics Class #101 students will be showing off the skills they learned during their 5-week course. At: Krav Maga DC training center, 616 H Street NW, 2nd Floor (by Gallery Place Metro).

**The Graduation starts promptly at 3:30pm and ends at 4pm  
Doors open 3:15pm-3:35pm.**

### Upcoming Classes Intro to IMPACT

Sundays 1-4pm: April 17 or May 1 or Aug 7, 2011

Fee: \$79 with advance registration, \$89 at the door  
Length: 3 hours

Open enrollment for teens and adults. No experience necessary!

**REGISTRATION**

### Co-Ed Basics 2011

5 Sundays 1-6pm: June 5, 12, 19,

commander of the homicide unit in Boston. "Now we see these things, they're flashes. They're very unpredictable. Even five years ago, in what started as a fight or dispute, maybe you'd have a knife shown. Now it's an automatic default to a firearm." In robberies, Milwaukee's Chief Hegerty said, "Even after the person gives up, they guy with the gun shoots him anyway. We didn't have as much of that before."

A large part of the problem, the police say, is simply more guns on the streets as gun laws have loosened around the country. In Philadelphia, Commissioner Johnson said, since the state made it easier to get a gun permit in 1985, the number of people authorized to carry a gun in the city has risen from 700 to 32,000.

Chief Corwin of Kansas City said that in the hardest-hit neighborhoods, people had explained it as a "lack of hope." "If I don't have skills, I don't have the training, my socioeconomic situation looks desperate, do I really have hope?" he said. "I think that ties into the anger. If the only thing I have is my respect, that's what I carry on the street. If someone disrespects me, they've done the ultimate to me."

"Because for this decade the sense is that crime is down, it's very hard to speak out about it and not look as though you're doing something wrong," said Chuck Wexler, the executive director of the Police Executive Research Forum, a research and public policy in Washington. "People's expectations of crime has significantly changed." In some of the cities, overall crime has declines, thanks to a significant drop in property crime. But the rise in homicides and robberies causes alarm.

"It's hard for people to look at it depth and understand that they're not likely to be a victim if they get along with their family members and neighbors and don't live a high-risk lifestyle," said Darrel Stephens, the police chief in Charlotte.

26 (skip July 3) & July 10  
Fee: \$595; \$100 non-refundable  
deposit required to reserve a spot in  
the class

Payment plans available.

Length: 25 hours

Enrollment: Open to women, men,  
and older teens.

**REGISTRATION**

### **Beyond Basics 1:**

#### **Intermediate Techniques**

2 Sundays, 1-6pm: May 15 and 22,  
2011

Fee: \$279 with advance registration,  
\$289 at the door

Length: 10 hours

Open to IMPACT Grads with  
permission of Instructor

**REGISTRATION**

### **Beyond Basics 2:**

#### **Stick Defense**

Sunday July 31, 2011; 1-6pm

Fee: \$149 with advance registration,  
\$159 at the door

Length: 5 hours

Open to all IMPACT Basics Grads

**REGISTRATION**

### **Beyond Basics 3:**

#### **Knife Defense**

Sunday October 30, 2011; 1-6pm

Fee: \$149 with advance registration,  
\$159 at the door

Length: 5 hours

**REGISTRATION**

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*"You gain strength, courage, and confidence by every  
experience in which you really stop to look fear in the  
face. You must do the thing which you think you cannot  
do." ~Eleanor Roosevelt~*

### **DC IMPACT Self Defense**

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