

February 2012

## Upcoming Classes and Workshops



### Women's Basics Feb / March 2012

Sundays February 26;  
March 4, 11, 18, & 25  
1-6pm

Fee: \$595; \$100 non-refundable deposit required to reserve spot in class. Payment plans available.

Length: 25 hours.

Limited Enrollment:

Open to women and older teenage girls with guardian.

No experience necessary

**REGISTRATION**

### Intro to IMPACT

Sundays 1-4pm:

April 22 2012

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

Length: 3 hours

Open enrollment for teens and adults. No experience necessary

**REGISTRATION**

For more information

### Gun Self Defense Workshop

Sunday, April 15, 1-6pm

# DC IMPACT

## Self Defense

### Personal Boundaries and Healthy Relationships by Dr. Neill Neill

A lot of difficulties and stresses in marriage and other relationships arise from underdeveloped personal boundaries. But to understand this, we need to make sure we're on the same page as to the meaning of the term "boundaries."

Some confuse "putting up a wall" with "maintaining good personal boundaries." A wall is a solid structure that keeps you inside and keeps everyone else out. I'm sure you've seen it happen that a family member will hear nothing you have to say and will reveal nothing of their thoughts or feelings to you. They "put up a wall." Have you ever been there yourself?

Personal boundaries are not walls. Think back to high school biology when you learned about cells and semi-permeable membranes. The semi-permeable membrane around a living cell is the cell's way of allowing nutrients to enter and waste to exit. In other words the cell uses its semi-permeable membrane to allow in only what it wants to let in. Furthermore, it allows only certain things to move out, but keeps everything else safe inside.

Your personal boundaries work just like the cell membrane. If your boundaries are functioning effectively, you allow in only what you choose to allow in, and you allow out only what you choose to allow out. And you do it with relative ease: you don't have to focus on rules or protocol.

How well do you stay in control of what you let out, that is, what you say and do when interacting with others? A person with good boundaries can easily keep personal stuff personal and yet still be open. A person with good boundaries can become quite annoyed with another, yet never speak maliciously or get physical. A person with poor boundaries might spread malicious gossip, or discuss their sex life with their 10-year-old child, or pass on something said in confidence.

For more, go to [Dr. Neill's Page](#).

For further reading on personal boundaries go to:

[Boundaries in Relationships](#)

[What are Healthy Relationships?](#)

### "Bad News v Kidpower Safe" by Kidpower

News stories about years of alleged shocking child abuse by two teachers at Los Angeles' Miramonte Elementary School provide very sad examples of how the procedures in place can fail to protect kids. As the school community goes through great trauma in trying to re-establish trust with the parents and to prevent harm to any more students, we

are seeking to understand what might have helped to make a difference.

From different news reports, it looks as if parents, school staff, and children all lacked skills that might have stopped this abusive behavior much sooner.

[To Read More](#)

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## Got Some Time for IMPACT?

Dear Women Basics Grads,

Please consider donating an afternoon to video-recording a Women's Basics Class! Video-recording helps by training new instructors and provides a visual teaching and feedback tool to students.

The next class runs Sundays: Feb 26; March 4, 11, 18 and 25, 1-6pm. [If you can help, please let us know!](#)

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## Self Defense in the News

[Woman Fights Off Attacker After Being Stabbed](#)

[92 Year-old Man Helps Fights Off Home Invader](#)

[Man Fights Off Three Attackers](#)

[Woman Uses Purse to Defense Herself](#)

Open to IMPACT Grads  
or Students of  
Intro to Basics

**Fee:** \$149 pre-paid,  
\$159 at the door

**REGISTRATION**

**Mixed-Gender  
Basics June 2012**

Saturday June 2, 1:30-  
5pm; Sundays: June 3,

10, 17 & 24, 1-6pm

Fee: \$595; \$100 non-  
refundable deposit  
required to reserve spot  
in class. Payment plans  
available.

Length: 23-25 hours.

Limited Enrollment:

Open to women men and  
older teenage boys and  
girls with guardian.

No experience necessary

**REGISTRATION**

[For more information](#)