

# DC IMPACT

## Self Defense

### Give to the Max Day: Greater Washington

We hope your week is off to a great start! We're getting pumped for [Give to the Max Day: Greater Washington](#) on **Nov. 9!** Give to the Max Day: Greater Washington is a day for Washington-Metro folks to come together to raise as much money as possible for area nonprofits in 24 hours, starting at 12:00 AM on November 9 until midnight.

Here's a "heads up" of what to expect from DC IMPACT leading up to, during, and soon after November 9.

#### We'll Be in Contact More for the Next Two Days

You can expect to hear from DC IMPACT via Facebook, e-mail, Twitter, and perhaps a few people will get phone calls from our staff. That means each day through Nov. 9 you'll hear from us frequently. Nov. 9 will be our most active day. Soon thereafter, we'll share the results with you. Give to the Max Day is a very unique event and we hope you share our enthusiasm!

#### Get a Little Competitive for Us!

Give to the Max Day is giving away over \$100,000 in prizes and awards to local 501(c)3 organizations. DC IMPACT is eligible to compete for these awards; however, we need your help. Here are the [rules and awards](#) for Give to the Max Day.

#### Let's push for "Golden Tickets"!!

Although you can give ANY time on Nov 9 from 12am until midnight, we are getting into the spirit of Give to the Max Day and aiming for this special award. We are competing for- \$1,000 awards-**Golden Tickets-** at the 3-4pm hour and the 9-10pm hour. We win by getting the most individual donors during either of those two hours. **You can help us the most by giving between 3-4pm or 9-10pm. Go to: [Give to the Max: DC IMPACT](#)**

#### Talk about Us!

We know many people who take IMPACT classes do so because a friend or family member told them about their experience in IMPACT. Please talk with your friends and family about DC IMPACT and encourage them to donate on Nov. 9. Send them to [DC IMPACT's Page](#).

We appreciate your support!!!

November 2011

### Upcoming Classes in early 2012

#### Intro to IMPACT

Sundays 1-4pm:  
Dec 4, 2011; Jan 15, Feb  
12 & 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



### Children's Self Defense

#### Two Parts

**Part I:** Parent's Training  
Friday, Feb 3, 6:30-  
8:30pm

**Part II:** Saturday, Feb 4,  
1:30-3:30pm

Children ages 4-12  
(Parents also attend)  
Bancroft School

18th and Newton Streets  
NW Pre-register by  
January 28: \$49/child  
(parents included)

Pay after January 28:  
\$59/child (parents  
included)

No experience necessary

For more info

#### REGISTRATION

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## The Legacy of Violence: When Your Not the Perpetrator or Victim by Alena Schaim

When I was in New York recently, I went to dance class that was on the 7<sup>th</sup> floor. I approached the elevator and reached it just after a black Latino man did, and he greeted me and stepped aside to let me in first. I thanked him and entered the elevator, and he got in after me—turning away and studiously ignoring me for the next seven floors. As I stared at his back in the elevator, I wondered if we were going to the same place. The bell rang; we both got out and went to the same class.

When we think of how violence affects our communities, this is one aspect that people often do not count. This strain that takes place between the genders, this strain that happens between races hurts us. We often get so focused on just feeling safe again—as survivors, as a community—that we don't remember that it's the relationships between people, the ability to be close to people again, that really needs healing.

To be honest, before taking my self-defense class at IMPACT Personal Safety—where I am now the director and an instructor—I would not have noticed the misfortune and the incredible toll that this man was paying by going out of his way to ignore me. Before, I wouldn't have noticed that he was trying to make me feel safe by not looking at me, not even facing me. I would have spent the whole elevator ride in my then-usual, semi-anxious space of trying to judge what was happening, going through all possible scenarios in my mind. It wasn't until I learned effective safety skills that I learned I didn't have to carry my weapons held high, everywhere I went, in all of my interactions—with men, in particular.

In the Jewish tradition in which I was raised, we talk about *tikkun olam*, “repairing the world.” I can still remember my painfully, overzealous 12-year-old self giving my short Bat Mitzvah speech about how we need to change the world. And that's what we think of: changing the world. We don't often think of changing ourselves. Learning skills to feel safe again—in my own life, for myself—has probably been the one biggest thing I've done to change the world for the better.

It doesn't mean I don't struggle with the nuances still. It doesn't mean I don't have to constantly examine whether I am ignoring someone or lashing out at someone out of a desire to protect myself in some way. But by taking on the work to feel safe physically, I now have the openness to see when a man has done the social courtesy of going out of his way to make me feel safe, at a cost to what he might be inclined to do and at a cost to our social interaction. Perhaps next time I will get over my surprise more quickly and actually ask him if he is going to the same class as me.

Alena Schaim is the Executive Director and an instructor with IMPACT Personal Safety in New Mexico

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## Self Defense in the News

People do resist and fight back *and* succeed. It is not a myth.

[Woman Fights of Attacker in her Home](#)

### Women's Basics Feb / March 2012

Sundays Feb 19 & 26;  
March 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**

For more information

### Mixed-Gender Basics Nov 2011

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**

[Woman Resists Sexual Assault](#)

[Woman Listens to Her Instinct and Resists her Attacker](#)

[Teen Fights off Attacker in Dorm Room](#)

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## **From Eleanor Roosevelt...**

*“Where...do universal human rights begin? In small places, close to home, so close and so small that they cannot be seen on any map of the world. Yet, they are the world of the individual person. The neighborhood...the school or college...the factory, farm or office... Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere.” -*

Eleanor Roosevelt when she campaigned for the signing of the Declaration of Human Rights