

DC IMPACT

Self Defense

MESSENGERS OF INTUITION (The Gift of Fear, by Gavin de Becker, pg. 82-88)

When it comes to danger, intuition is always right in at least two important ways:

1. It is always in response to something.
2. It always has your best interest at heart.

...Clearly, not everything we predict will come to pass, but since intuition is always in response to something, rather than making a fast effort to explain it away or deny the possible hazard, we are wiser (and more true to nature) if we make an effort to identify the hazard, if it exists.

If there's no hazard, we have lost nothing and have added a new distinction to our intuition, so that it might not sound the alarm again in the same situation. This process of adding new distinctions is one of the reasons it is difficult at first to sleep in a new house: Your intuition has not yet categorized all those little noises. On the first night, the clinking of the ice maker or the rumbling of the water heater might be an intruder. By the third night, your mind knows better and doesn't wake you.

...Intuition is always learning, and though it may occasionally send a signal that turns out to be less than urgent, everything it communicates to you is meaningful... Intuition might send any of several messengers to get your attention, and because they differ according to urgency, it is good to know the ranking. The intuitive signal of the highest order, the one with the greatest urgency, is fear; accordingly, it should always be listened to... The next level is apprehension, then suspicion, then hesitation, doubt, gut feelings, hunches, and curiosity. There are also nagging feelings, persistent thoughts, physical sensations, wonder, and anxiety. Generally speaking, these are less urgent. By thinking about these signals with an open mind when they occur, you will learn how you communicate with yourself.

There is another signal people rarely recognize, and that is humor. ...Humor, particularly dark humor, is a common way to communicate true concern without the risk of feeling silly afterward, and without overtly showing fear. ...with this type of humor, an idea comes into consciousness that, in context, seems so outlandish as to be ridiculous. And that's precisely why it's funny. The point is, though, that the idea came into consciousness. Why? Because all the information was there. ...Listen to humor, particularly dark humor. It can

Upcoming Classes

Children's Self Defense Two Parts

Part I: Parent's Training
Friday, Oct 21, 6:30-8:30pm
Part II: Saturday, October 22,
1:30-3:30pm
Children ages 4-12
(Parents also attend)
Bancroft School
18th and Newton Streets NW



Pre-register by October 15:
\$49/child (parents included)
Pay after October 15: \$59/child
(parents included)

[For more info](#)
[REGISTRATION](#)

Intro to IMPACT

Sundays 1-4pm: Sept 18, Oct 16, and Dec 4, 2011
Fee: \$79 with advance registration, \$89 at the door
Length: 3 hours
Open enrollment for teens and adults. No experience necessary

[REGISTRATION](#)

Knife Defense

Sunday October 30, 2011; 1-6pm
Fee: \$149 with advance registration, \$159 at the door

be good for more than a laugh... Listen to your intuition.

Just Announced:

Co-Ed Basics November 2011

Sat Nov 5, 12, and 19, 1:30-4:30pm; and Sundays Nov 6, 13, and 20, 1-6pm

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

Payment plans available.

Length: 22-25 hours.

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

REGISTRATION

Know Any Good Men?

DC IMPACT is looking for some good men to be trained to become male instructors. Please contact us at info@dcimpact.org.

Self Defense in The Media

[Woman Fights Back in Wellington](#)

[Teenage Girl Headbitts Attacker](#)

[88 Year old Woman Fights Back](#)

[Teenage Boy Fights Back](#)

Length: 5 hours
Open to all adults with some
IMPACT training
REGISTRATION

*The power of intuitive
understanding will protect you
from harm until the end of your
days. Lao Tzu*