

WENLIDO W.E.S.T.

WOMEN EDUCATING IN SELF-DEFENSE TRAINING

Spring Newsletter

January 2018

ABOUT

We are a not-for-profit group of women teaching self-defense to women and their children in British Columbia since 1976.

In addition to teaching a 12 hour Basic Wenlido course, we do speaking engagements, provide Continuing Wenlido self-defense training, Instructor Training and a support system for women in self-defense.

On December 3rd, Gaye hosted a gathering at her home for a Wenlido end of the year celebration and potluck. In attendance were some of our members: Julie, Gaye, Trina, Jennifer, and Diane. The food was amazing, and the re-gifting was fun and appreciated.

As a self-defense group and community, we always welcome new members, and we encourage those who have taken our basic classes to get further training and become instructors, like Jane and Ru.

Gaye shared some beautifully designed #metoo posters that she created. It has been a visible year in the press for women: charges of sexual harassment and assault. We wish everyone a safe new year, and look forward to future opportunities to connect with more women in many of our communities. Happy New Year!



WINTER GATHERING

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Dear Support Circle of the Wenlido Women's Project in India!!

We are all saying a huge thank you to get us this far! We could not have done it without you! Last weekend we spent long hours in an intense 3 day meeting with those instructors who could make the time and travel on their own expense to Bhopal to redesign the training, discuss issues, and set a schedule for the next 5 months. The videos were made at the end to connect with you!

Click on these links to watch videos:

<https://www.youtube.com/watch?v=wt6Y4rEkjfg>

<https://www.youtube.com/watch?v=bFpomNkJXeA>

We appreciate your continued support in sharing this project with your friends and colleagues to reach our goal to complete the programs. We are managing to find low cost venues and support locally as well which is fantastic. Every little bit helps!

In gratitude,
Gitta and the Wenlido Group



Personal Safety Trainings for Women in India, aiming for Non-Violent Communities

https://www.youtube.com/watch?v=y_MJqi-wFVw

Thank you,
Gitta, for
your time
and
energy
invested
into our
sisters in
India and
their self-
defense
training!



In the Fall of 2017, Johann Nertomb (a reporter with Radio-Canada), came to Trina's school in the evening to interview her and Jennifer about Wenlido. This is the interview that was published on-line:



Trina Moulin : professeure de wenlido

Trina Moulin est enseignante dans une école secondaire de Burnaby, en banlieue de Vancouver. En soirée, elle pratique et enseigne le wenlido, une discipline d'autodéfense réservée aux femmes et aux enfants.

The interview can be viewed by clicking on this link:

<http://ici.radio-canada.ca/info/videos/media-7802157/trina-moulin-professeure-wenlido>

The Vancouver Board of Parks and Recreation organized a 6 week self-defense class for transgender folks that Trina instructed in the Fall of 2017. It was a small class that was well received by those who participated. Also, it was a learning experience for us in terms of modifying our course materials to be more inclusive and gender neutral. We plan to continue developing our resources so that they are inclusionary in terms of gender identity, while acknowledging our history as a women's self-defense group.



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2017 Highlights

Women at Work - a WorkSafe sponsored program to help get women back into the work force. Gaye and Jennifer both taught in this program (Vancouver and Coquitlam), and were part of an multi-week program organized by WorkSafe.

Douglas College - two Saturday classes that were well attended.

Richmond Women's and Resource Centre - a variety of classes. Jennifer has been living in Richmond for about 12 years and she felt it was time to give back to her community. Well attended classes, and one of them had 30 women. They took place on Thursday evenings at various times throughout the year, and one Saturday class.

Little Mountain Neighbourhood House - a huge shout out to the dynamic Kat Vincent for organizing these classes. Jennifer was so well treated, & got Solly's Bagels as well!

Mt. Pleasant Neighbour House - two seniors classes. We started them on International Elder Abuse Awareness Day. About 30 people attended a 2 hour class, and we went back to do a 4-week series.

Dixon Transition House and Society - Jennifer has been doing a class there once or twice a year for the last several years.

Self-Defense Class in East Van

On Sunday, February 18th, Gaye will be instructing a 4 hour class in Templeton Park Pool's Activity Room for women and girls who are 12 years and older. Develop your self-confidence and assertiveness to deal successfully with harassment; discover how Awareness, Avoidance, and Action are your allies in staying safe; practice a variety of easy to remember ways of getting yourself out of holds, including choke holds, and learn how to use body strikes to counteract violent attacks. The program will be a combination of physical movement and discussion. All fitness levels and mother/daughter teams are welcome. Registration can be done by calling 604-718-6252 and quoting activity # 141361. The cost of this course is \$40, and the address is 700 Templeton Drive, Vancouver.

Ongoing Continuing Strength Class

The last Sunday of every month, Wenlido runs a 2-hour continuing strength class. This class features 2 hours of review and new learnings for those that have taken any level of Wenlido at any point in the past. This class takes place at Templeton Park Pool (700 Templeton Drive, Vancouver) from 2 - 4pm, and the drop-in fee is \$12.

Upcoming Classes