



## The Dyersburg Police Department Women's Self Defense Program

**Our Community / Your Police - The Solution**  
**"We Exist To Serve The Community"**



**The Equalizer Women's Self-defense Program** is divided into four 4-hour Phases with Phases One & Two being the least physically demanding and Phases Three & Four being the most physically demanding. This program has been designed with the understanding that most women do not have a lot of time to spend on self-defense training and that many people are not physically able to perform certain techniques. Therefore, a participant may choose to only go through Phase One because four hours is all the time they have to spare. Likewise, a participant may choose to only go through Phases One and Two because they may not have the physical fitness level to go through Phases Three and Four. By structuring the program this way, we are able to provide training, however limited, to almost everyone.

The first step you must take to be prepared in advance is to educate yourself about personal safety issues and learn how to recognize and reduce the risk of becoming a victim of violence. The next step may be to make the decision that you are going to resist a violent attack. If so, quality self-defense training is what you need.

By participating in The Equalizer Program and reading the Equalizer Manual, you are receiving important information concerning violence against women and how to recognize potentially dangerous situations. This will, in turn, enable you to take steps to reduce your risk of becoming a victim of violence.

### **Equalizer Self-defense Course Objectives**

By the end of the Equalizer Student Certification Course, a Certified Participant will be educated about the following:

1. The facts concerning rape/ sexual assault and stalking as well as what options they have if they or someone they know becomes a victim.
2. The effects of rape/ sexual assault and who can help.
3. How to recognize dangerous situations.
4. How to reduce their exposure to possibly dangerous situations.
5. How to avoid being the target of an attacker.
6. The use-of-force against an attacker.
7. The law and the use-of-force against an attacker.

**Prerequisite** - Must be a female at least 13 years of age with no current injuries.

### **Length & Cost of Course**

Each phase is four hours. \$20.00 per person for the entire course which covers the student manual.

For additional information contact: Officer Kenny Jowers at 731-285-1212 or email: [kjowers@dyersburgtn.gov](mailto:kjowers@dyersburgtn.gov)