

SPECIAL WOMEN'S EDITION

TKD *TaeKwonDo* **TIMES**

taekwondotimes.com
March 2010

A Woman's Strength
Master Rony
of White Tiger

Girl Power!

Stay Fit
On the Road

Self-Defense for Kids

Plus...
International Female Artists
Africa's Annali Basson
Australia's Linda Low
Korea's Soon-Hoon Ahn

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03> MAR
2010

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Ken and Shayla are walking back home after a party at a friend's place. It's starting to get a bit dark and they realize they ought to get a move on. Ken suggests a shortcut to get home faster. Shayla quickly turns down his suggestion saying they should avoid it as they don't know it and it's not well lit. The pair keep their eyes out for any suspicious looking vehicles or strangers. They take care to stay close to streetlights and take note of open corner stores and gas stations in case of an emergency. Ken takes turns with Shayla looking to the rear of them to keep aware and dissuade any potential pursuers. They don't look with terror, rather with calm observation.

Ken whispers to Shayla to watch the dark minivan across the street. Shayla quickly takes note of the license plate number. She uses letter-word associations ("ball" for "b") and silly number combinations (like "7 rhinos and 6 stripes" for "76") to quickly memorize it. Ken tries to remember the color, condition, make and model of the van.

After turning the corner it disappears. They breathe a sigh of relief and continue their pace. A middle-aged man steps near them after a few minutes and asks them for the time. Ken holds his forearm up near his face as he glances at his watch, so he can also watch the stranger. Shayla in the meantime takes an inventory of his height, weight, build and clothing.

Afterwards, the man thanks them and is on his way. Ten anxious minutes later they return home. Their mother and father are elated and relieved to see them. Apparently three different children were abducted that evening by a couple in a minivan matching the description of the one Ken spotted!

While chills ran up their spines, they quickly relayed all the details of that evening to their parents, and later to the local police.

At the **Top** of her **C.L.A.S.S.!**

By Guy Edward Larke



Could it have been a coincidence? Yes!

Could that man simply just wanted the time? Definitely YES!

Were the kids too paranoid? NO!

Those children probably saved their lives and perhaps other children as well. They were the product of one unique soul's lifelong work. The creator's name is Janet Goliger and her unique C.L.A.S.S. program has saved more children's lives than you can believe.

Although the above situation is obviously a work of fiction, it serves its purpose. Having the climax erupt into a remake of *Enter the Dragon* is utter foolishness! Children cannot physically go toe to toe with an adult and "duke it out." That's best left to *Power Rangers* and Japanese Anime. Adults have a height, mass, reach and muscle advantage over children that is hard to conquer. Most predators don't go after a challenge. They want easy prey.

Even if it's not someone close to you, the six o'clock news or shows like *Law and Order SVU* should give you a healthy dose of reality. With the expanding urban populace and trends towards more individualistic living as opposed to community based societies, abductions, sex crimes, thefts and senseless violence is on the increase. Once again, the idea that "it won't happen to me" is absolute naivety! That's the kind of behavior that gets people targeted. Criminals look for easy marks. Our children make the easiest targets.

It is not about xenophobia, fear of the unknown. It is about reasonable caution and educating our youth as to the hows and whys of self-protection.

Janet with a sign made by her students.



Janet demonstrates self-defense to her students.



The trouble is "how" and "what" do we teach our children? These issues are what lead long time Physical Education teacher and martial artist, Janet Goliger to develop C.L.A.S.S., an acronym for Children Learning Awareness Safety & Self-Defense.

Janet's passion for the martial arts began several years ago when she was mesmerized by watching Bruce Lee's portrayal of the black masked hero Kato in the *Green Hornet* TV series. Sadly, due to a lack of funds she couldn't train until her adult years. She enthusiastically jumped into Tae Kwon Do in college, but was forced to stop due to an injury. Finally in 1993, she got a chance to try a trial women's Karate class and she never looked back. Now she is a second-degree black belt in Okinawan Shido-Kan Karate and Shorin-Ryu Karate. Plus she holds a green belt in Seki-Ryu Jiu-Jitsu.

After obtaining a Bachelor of Science degree and a Master of Science degree in Physical Education, she fell into the career that defined her life, teaching P.E. to the youth of California. She took to teaching like the proverbial fish to water and lived the job.

Teaching students a palm heel strike.



As with most of us, she was shocked and appalled by the escalating violence against children and women. What separated her from many others was that she decided to do something about it. She began to devise a series of simple self-defense strategies in conjunction with safety tips, awareness skills, conflict resolution and role play scenarios to enable children to react quickly and calmly in an emergency. She also prepared materials directed towards parents and education professionals to work on making the streets safe. The program was tested with her students and in consultation with various community groups and law enforcement officials. It primarily focused on eight to thirteen year olds, but later she developed a program for high school students as well. Her no-nonsense program was not based around breaking concrete tiles or doing fancy forms, but rather getting out of the trouble zone and getting help as soon as possible. More importantly, it gives the children a sense of confidence and pride that by itself dissuades more predators looking for an easy mark. Now many accolades and awards later, her program is being used in several states throughout the U.S., in addition to orders from South Korea, New Zealand, England, Ireland, Germany and South Africa. She presents at state and regional training conferences for teachers and school district officials, teaches C.L.A.S.S. workshops and develops new programs for other age groups.

In development is a program for seniors and disabled people, as well as a program for kindergarten and early elementary school children. Already accomplished is a woman's self-defense program called Onna Musha (Japanese for "woman warrior") which she designed with a fellow female budoka (martial artist) on the east coast. It teaches self-defense, self-empowerment and psychological strategies for conflict resolution. The base of the program was designed by her sensei, while the name was created by her close friend and classmate, Amy Bond from New York. Goliger and Bond rebuilt and expanded upon the system.

For martial arts instructors, the techniques can easily be upgraded or added to existing basic self-defense techniques. At the very least, the mental aspect of her program is more than enough reason to purchase the set. Even if you're not an instructor, but a parent or relative, this system is a very small price to pay for peace of mind. There is NO price too great or steps too extensive when it comes to our children's safety. Aren't they worth it?

At a book signing



The following materials are available from Amazon.com, barnesandnoble.com, classpublications.com and eCampus.com:

- *I Need To Be Safe: I'm Worth It!*
- C.L.A.S.S. Teacher's Manual
- *Are They Safe? – C.L.A.S.S. Self-Defense Curriculum For Grades 7-12*
- C.L.A.S.S. Instructional DVD

For anyone interested in Ms. Goliger's amazing program, you can visit her Website, classpublications.com or contact her by email at janet@classpublications.com **TRD**

ABOUT THE AUTHOR: Guy Edward Larke sabumnim has dedicated his life from a young age to the pursuit of the martial arts, Asian culture and hopology. It led him to Korea in 2000 and he has lived there since. He now lives in Daejeon city with his wife Gi-Ryung and their son Alexander. He holds black belts in Taekwondo, Hapkido, Taekkyon, Bon Kuk Kumdo, Korean Kickboxing, Karate-Do, Wushu, Cheonji-Muye-do, and Hosin-Sul. Currently he teaches Taeglish (English Taekwondo) full time in addition to writing for various magazines and running Kisa-Do Muye (Martial Arts) & Marketing. He can be contacted at kisa_do_muye@yahoo.com.

Promoted to rank of Nidan by Seikichi Iha, Hanshi, 10th dan

