



L'AUTODÉFENSE  
**FEMMES**  
POUR  
ET **ADOLESCENTES**  
enseignée par des femmes



## **FEM DO CHI**

Self-Defence for women and teenagers

Teached by women



# Fem Do Chi

- Origin: Canada, in the 1970's  
A woman, with a high degree in martial art practice, was seriously attacked and hurt. She didn't use her martial knowledge. Why?

The following conclusion was made: others factors than physical strength play a role in self-defence for women

# Education



Women belong to the weaker sex.

Since her childhood, a woman learns to :

- be quiet and calm, discreet and invisible  
→ not aloud to shout or make noise, even to defend herself
- care about others before caring about herself  
→ fear to hurt others, before fearing for her integrity
- give importance to the opinion of others  
→ anticipation of feedback instead of reacting to the situation

# Emotions



- **Fear:**

→ impression that you can't breath or think anymore

- **Angriness:**

Not really accepted if the fact of a woman, but:

→ necessary to feel it to stop incorrect behaviors or uncomfortable situations

→ learn to manage it

# Knowing the attacker

- Feelings for the attacker.
- Surprise, confusion in your mind: is this really happening to me
- Perspective of future confrontations.

# Specificities of violences against women :

- Different types :
  - verbal (insults, denigrations, “sentimental blackmail”, threats...)
  - economic
  - physical
  - sexual...



# Specificities of violences against women :

- **Known attacker :**

- aggressions take place in a familiar environment

- easier to punch the one who assaults you in the street, than to shout against your uncle who touches your thighs under the table during a family dinner...

# Specificities of violences against women :

- **Notion of power :**
- **take control over the victim, and not demonstrating his strength**
  - first big difference with self-defence for men
- **importance of prevention**
  - as early you stop an uncomfortable situation, as less energy it will cost



# Specificities of violences against women :

- **Sexual aspect :**
- omnipresent fear of women  
→ second big difference with self-defence for men
- often used to destroy



- Fem: female, or women
- Do: the way
- Chi: the energy

**The way of energy of women**

# Specificities of Fem Do Chi

- Physical part :

- movements of defence are easy,  
immediately applicable and efficient

- don't have to practice them for years

- thought for close contacts



# Specificities of Fem Do Chi

- Emotional part :
  - wide importance of breath
    - be active, oxygen the brain to restart the reflexion, transform the fear
  - power of shout
    - clear message, gives power and fears the attacker



# Specificities of Fem Do Chi

- « Psychological » part :

→ work on self-confidence

→ building self esteem

You only fight for persons or things to whom you give importance : a child, a friend, **yourself**...



# Specificities of Fem Do Chi

- Verbal part :

- use of non violent communication

- express needs, desires and limits with respect and conviction

- listen to herself

# • Fem Do Chi



- based on respect, for herself and others
- a unique moment to share experiences and express emotions
- a place to reinforce conviction that life without violence is not utopy
- a platform to affirm the place of women in society



**Thank you for your attention**

[www.femdochi.ch](http://www.femdochi.ch)

[contact@femdochi.ch](mailto:contact@femdochi.ch)