



COMMUNITY PROGRAM

The Harmony Aikido Foundation is partnering with Southern California Girl Scout Troops to empower young women to transform into their strongest selves.



Learn more at HAFUSA.ORG

WHY ARE WE PARTNERING WITH THE GIRL SCOUT TROOPS OF SOUTHERN CALIFORNIA?

The reality is that women between the ages of 18 to 32 are among the most vulnerable to physical and/or sexual assault.

According to RAINN, this age group represents well over half of all sexual assaults against women. We are partnering with Girl Scout Troops so we can teach girls who have entered or are just about to enter this vulnerable age range to defend themselves. Our goal is to equip young women with the knowledge, resources, and confidence to successfully defend themselves—and prevent them from becoming a number in an assault statistic.



THE BOTTOM LINE: WHAT WILL YOUR GIRL SCOUTS WALK AWAY WITH?

The girls will develop a greater awareness of dangerous situations, be equipped with simple defense and escape movements, and gain the confidence to use their voice to fend-off an attacker.

“We worry about (our kids’) surroundings all the time. You’re hearing about all kinds of dangers and you know that they have to go out there no matter what, you can’t keep them hidden. So working with Harmony Aikido, the parents can see the change, the kids can understand. I think the kids are especially receptive to it because it’s not coming from a parent—it is coming from a group of young adults that know what they’re talking about, and can present it in a very approachable style.”



Jen, Girl Scout Mom
GIRL SCOUTS OF SOUTH PASADENA



WHAT TO EXPECT AT OUR TRAINING

We seek to impart a mindset of safety that everyone can use for a lifetime. To that end, we work hard to create a space for the girls to learn, discuss, and practice together.

Our training course focuses on simple techniques, common-sense safety principles.

No prior experience with self-defense is necessary to participate in our trainings. Just an open mind and a willingness to learn.

Here are the specific things that the girls will learn during our workshop as exemplified in a session with the Girl Scouts of South Pasadena.

Safety and Awareness Training

Learning to spot and assess potentially dangerous situations and how to respond



Escape and Evasion Techniques

Learning how to escape wrist-grab situations



War Cry Training

Learning to use the power of one's voice to fend-off an attacker



Following the workshop, each participant will earn a Self Defense Pin provided exclusively by the Harmony Aikido Foundation.



THE TRUE REWARD

Ultimately, the girl scouts will have these invaluable self-defense knowledge and skills with them for the rest of their lives.

READY TO PARTNER WITH US?

Contact us at info@hafusa.org to discuss logistics and pricing details.

To learn more about the Harmony Aikido Foundation, please visit www.hafusa.org

To see our upcoming events, follow us on Instagram [@hafusaorg](https://www.instagram.com/hafusaorg) and Facebook at [facebook.com/hafusaorg](https://www.facebook.com/hafusaorg)