

# Another Successful Round of Safety and Awareness Training for Women at Brooklyn Brazilian Jiu-Jitsu

*Women's Personal Protection Seminars in Brooklyn bring in nearly 200 women to learn physical techniques and awareness strategies for staying safe.*

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/EINPresswire.com/ -- Seeking to return the martial arts to its roots in self-defense, [Brooklyn Brazilian Jiu-Jitsu's](#) schools completed another successful round of safety and awareness training for women last week with its "[Women's Personal Protection Seminars](#)".

With nearly 200 women in attendance, the sessions took place all at Brooklyn

Brazilian Jiu-Jitsu's network in Gravesend, Dyker Heights, Bensonhurst, Clinton Hill and Columbia Heights/Red Hook. The schools addressed not merely physical techniques for staying safe, but important awareness strategies that anyone can learn.

Among the participants was New York Council Member Laurie Cumbo. "Based on tonight's amazing turnout, it is clear that learning how to protect ourselves from harm is of great importance to women."

The [BBJJ](#) Women's Personal Protection Seminars were offered free to members of the local community, in keeping with the instructors belief that martial artists have a responsibility to the communities they inhabit.

They are designed for first-time self-defense students, regardless of age or experience. Providing women in these communities with the ability to be smart, aware of their surroundings and prepared to defend against an attacker was the top priority in the seminar.

"Lots of women just want to feel safer moving through the city during the course of their day," says Jason Lynch, head instructor of Brooklyn Brazilian Jiu-Jitsu's school on Myrtle Avenue Street. "We're not only talking about what to do if someone puts you in physical danger - we're talking about what to do if you're uncomfortable and need space, how to create it."

When people think of martial arts, he says, they don't think about self-defense - they usually think self-offense. The Brooklyn Brazilian Jiu-Jitsu schools are built around the idea that Jiu-Jitsu can be used as a way to avoid unnecessary conflicts.



Learning Women's Safety Techniques in Brooklyn, NY.

“People who are distracted are easy targets,” continues Chief Instructor Gene Dunn. “So learning something as simple as putting your cellphone away is a good starting place.” The seminars also covered how to escape the type of aggressive wrist-grabbings and pushing that can precede an attack.

One of the hallmarks of the school’s practice is self-defense and assault prevention in a safe, cooperative environment free from antagonism. The goal, says instructor Josh Skyer, is “to share these basic strategies with as many women as possible. Brooklyn Brazilian Jiu-Jitsu is fully committed to empowering women of all ages and stages, which is why we’ll host them for as long as our doors remain open.”

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