



June 2022—Issue No. 5

Association Newsletter

Empowering Members To Empower Us All

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Celebrating PRIDE MONTH

In honor of the 1969 Stonewall Uprising in Manhattan, NY, each June many people in the United States come together to celebrate LGBTQIA+ Pride Month. This event was considered the tipping point for the Gay Liberation Movement in the U.S. Events will take place all across the country (and beyond!) this month to raise awareness about the current state of LGBTQIA human rights and the respective organizations working to protect and advocate for those rights.

Did you know that members of the LGBTQIA+ community are nearly four times more likely than non-LGBTQIA+ people to be victims of violent crimes? Empowerment Self-Defense offers people from all walks of life the opportunity to live freely, to walk with power and purpose, and to feel safe in what may feel like an unsafe world.



CELEBRATING ESD PROFESSIONALS

This month, we want to highlight organizations and people in the ESD community who are doing great work supporting the LGBTQIA+ community.

(Know someone else we should highlight? Let us know, we would love to share their work on our social media channels.)

Queer and Hear (Costa Rica)

Based in Costa Rica and founded by ESDG graduate Jacinta Astles, Queer and Hear provides Empowerment Self-Defence workshops for and by the LGBTQIA+ community. It is rooted in understandings of the specific forms of violence faced by this population and seeks to break down the cisheteronormative assumptions in violence prevention education. You can find out more on Instagram: [@queerandhear](#)



Ulex Project

**Regenerative
Activism:** *Reclaiming The
Future.*

Ulex Project (Catalunya)

"A networked project adding nutrition and fertility to European social movements through training and capacity building, Ulex kindles the realisation of social justice, ecological intelligence, and cognitive vitality." Their upcoming courses include Self-Defence, Empowerment and Anti-Discrimination for Women & Trans Activists and Training of Trainers for Transgender Organisers. Learn more at their [website](#).

ESD HAPPENINGS



PAVE Macro Training

PAVE Prevention was chosen as a Training Partner for the pilot program of MACRO, Mobile Assistance Community Responders of Oakland, an effort to respond with trained community responders, redirecting police and fire resources to public safety priorities and providing more appropriate responses to 911 calls that are not an immediate safety threat. PAVE Prevention will provide additional training to response teams who are trained in crisis intervention and de-escalation, offering a key skillset to keep people safe and build safer communities.

“If our programming can contribute to these community responders returning home safely after a day of serving their community, my heart will be full. This is such a gratifying project, and we are grateful for the opportunity.”

–Arlene Limas OLY, PAVE Prevention CEO

Read more [here](#) and [here](#).

NWMAF RISE Conference

This year's National Women's Martial Arts Federation (NWMAF) Annual Conference will take place from Wednesday, August 3rd 2022 to Saturday, August 6th 2022. Woman-identified and non-binary practitioners of all ages are to invited to attend the entire NWMAF Camp for martial arts, self-defense, and the healing arts!

ESD Global offers ESD Global graduates scholarships to attend the NWMAF conference. More information available [here](#). All are encouraged to sign up as NWMAF members or allies, with reduced cost options available [here](#).

ESD HAPPENINGS



Celebrating 30 years of Judo and 1,000 days empowering at El Halev and MyPwr HQ, Jerusalem

1,000 Days Empowering

It was August of 2019 at the ESD Global training in Upstate New York. Over 50 women from across the world gathered to learn Empowerment Self-Defense so they could take those skills back into their communities. Yudit Sidikman, Founder of ESD Global, Co-Founder of El Halev and current CEO of MyPwr, made a declaration: She would post something about empowerment on social media every single day for 1,000 days. She called it 1,000 Days of Empowering. Many people take 30-day challenges and don't last past the first week, but Yudit dedicated nearly three years to this effort!

She posted about empowering others every single day, and last month May 6th marked the 1,000th day of her challenge.

Read her own words:

"When I began the #1000 day posts on August 11th, 2019, I had absolutely no clue what I was getting myself into. I did know the excitement of the work we were doing. I did not foresee a global pandemic. Nor did I realize how much shift was going to be happening.

Over the past almost three years I have learned many things. Yes, it absolutely takes a village. I send my thanks and my love to my entire village who kept me going, and to those who fed me what I wanted to say because at times I was just at a loss for words."

—Yehudit Zicklin Sidikman

A NOTE FROM OUR EXECUTIVE DIRECTOR

Hi everyone!

I just wanted to share with you a quick update about the Association, the progress we're making, and the goals we've set. After a lot of hard work to lay our foundation, we are finally getting to the fun stuff!

Recently, I have ramped up my outreach and am meeting with ESD professionals to listen to their stories and learn from their experiences. The feedback has been wonderful and inspiring, further motivating me to create an association that will help you bring ESD to millions of people around the world. How? By supporting you, advocating for you, engaging you, and getting ESD recognized as the honorable profession it is.

We are tackling these lofty goals with a phenomenal team. Sheila Watson has been getting input from ESD experts around the world as she gracefully oversees the creation of an exemplary credentialing exam (coming later this summer!). Toby Israel and Tasha Ina Church (communications consultants) and Qwan Smith make up my crack communications team. They are revamping... nearly everything! Look out for our website, social media, and events to be warmer, more inviting, and more engaging.

More resources are on the way, as well—a webpage of worldwide non-violence conferences, a public-facing ESD directory (so potential participants can find you and you can find each other!), a list of grants, career how-tos, and so much more. Sheila hosts a monthly mixer, I'll have a podcast this summer, and Tom Rose, Executive Director of IMPACT Personal Safety (PS), IMPACT Colorado, & IMPACT PS Global is hosting our new Office Hours event. Look for exciting guests on June 23! Finally, the indispensable Lisa Musty is helping me hold it all together.

At our core, we aim to make it easier for you, as ESD professionals, to dedicate your time to preventing and stopping interpersonal violence. It is our goal to help you nurture confidence, kindness, and strength as we broaden the reach of ESD around the world.

Cheers!
Samantha