



November 2022—Issue No. 10

Association Newsletter

Empowering Members To Empower Us All

In This Issue:

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Association News

ESD Worldwide

Announcements

A Note from Tasha

CELEBRATING Native American Heritage

November is Native American Heritage Month in the United States, a time to celebrate diverse cultures, traditions, and histories. This month—and every month—we acknowledge the important contributions of our Native communities. Native American Heritage Month also invites us to educate others about indigenous populations, to raise awareness about the unique challenges Native people have faced both historically and in the present, and to bring to light the challenges they have overcome.

Many atrocities have befallen Native American and First Nations people. Indigenous women face murder rates 10 times higher than the United States national average. And so, November is not only a month to acknowledge a culture or celebrate a tradition. It is a month to celebrate the resilience, strength, and perseverance of a people that should always be honored and remembered, as well as advocate for justice and change.

The Association of ESD Professionals hopes to honor and celebrate ESD professionals across the globe from all indigenous nations, as well as the many communities they serve confronting systems of violence and abuse.

Please contact us at hello@esdprofessionals.org if you would like to tell us about your work with indigenous peoples, or if you have an event or project you would love to see featured in our next newsletter. We always love to hear from you!

ASSOCIATION NEWS

New Blog Post!

Be sure to read our latest blog, written by Tasha Ina Church of ElleLiveAction. She takes a personal dive into the differences between martial arts and ESD, and the passion that drove her to develop her own empowerment self-defense program. Read Tasha's story and check out the rest of our ESD-focused articles [here](#).



Latest How-To Guide

You can make money doing what you love! Want to monetize your Empowerment Self-Defense (ESD) business? So many instructors don't know where to start. We're here to tell you that there are many ESD professionals who do this work full-time. Find all our guides, including our latest on "How-To Monetize Your ESD Business", [here](#).

Seeking Authors & Contributors

We are proud to state that all of our content — and especially our blog and how-to guides — is created by and for ESD Professionals. While our team loves to craft these stories and resources for you, we get really excited when experts, writing enthusiasts, and innovators from the ESD community add their voices to the mix.

Contact Toby, our Consulting Communications Manager, at toby@esdprofessionals.org if you would like to contribute.



ESD AROUND THE WORLD

Violence never sleeps, and neither does violence prevention work! That's because Empowerment Self-Defense (ESD) professionals are hard at work all around the world. We feel confident declaring that someone in this community is busy transforming their community every hour of the day. This month, we are happy to share a few of these ESD-related events and initiatives around the world. Think something or someone should be included in next month's newsletter? Reach out at hello@esdprofessionals.org.

Women's Self-Defense Day

Worldwide, November 19th

Fodada will hold its 11th Annual International Women's Self-Defense Day, an event dedicated to providing free self-defense and empowerment programs to women in cities across the U.S. and around the world. To date, over 30,000 women have been reached through the program.

To register, attend, host, or instruct a class, visit www.fodada.com.



Intensive IMPACT Course

Denver, Colorado

Want tools to defend yourself in any situation? Want to feel more confident and self-assured? Need to find your voice, set boundaries, and feel more empowered? An Intensive IMPACT Course might be exactly what you're looking for!

Impact Personal Safety of Colorado is offering a two-Weekend, 20-hour Intensive Course for adults 18 and over.

November 12, 13, 19, & 20, 10am-4pm. Sign up [here](#).

ESD AROUND THE WORLD

Mr. America

Representing at the American Sports Festival

Impact Personal Safety Padded Instructor and [Association guest author](#) Michael Peñafiel was part of a group sponsored by Kombat Instruments Limited to represent weapons-based MMA/combat athletics at Mr. America last month.

The organizers enjoyed it so much that he's sure to be back again next year. Way to go, Michael!



VPEC 2022

Virtual, December 10-11

Registration for VPEC 2022 is now open! The Violence Prevention Education Conference is an opportunity to create the cultural shift we greatly need. Join dozens of renowned experts in the fields of education, psychology, social work, and Empowerment Self Defense as we explore initiatives designed to interrupt and stop violence before it starts.

VPEC 2022 is a virtual experience. Visit the [website](#) to learn more, or register [here](#).

ESD AROUND THE WORLD



STOP Domestic Violence

Australia Gold Coast, November 30 - December 02

The 2022 STOP Domestic Violence Conference is coming up on the Australian Gold Coast, November 30 - December 02. Join professionals working in all realms of domestic and family violence in Australia to break the cycle.

Learn more [here](#).



Let's stop Gender-Based Violence in LAC Region!

The ESD Crowdfunding Campaign to Support

Support Latin American instructors to advance in their training and bring ESD to their communities. ESD LAC has launched their second crowdfunding campaign to extend their work and share this violence prevention strategy with more women in the region.

Donate [here](#).



ANNOUNCEMENTS

- Want to join the Association of ESD Professionals? Our new member portal is ready for you! To learn more about membership benefits, visit our [membership webpage](#).
- Our monthly ESD Circle with Sheila Watson is postponed. Stay tuned for December dates.
- Our monthly Office Hours with Tom Rose will be a bit later than usual. Join us for our final Office Hours of the year on December 01, 2022 at 9 AM PDT. This month's guest: Gentiana Susaj! Register [here](#).
- Check out the [Association blog](#), created by and for ESD professionals. Instructor features, business tips, inspiration, and more! Read all our articles from 2022 [here](#).
 - Want to contribute to the Association blog? Reach out to Toby at toby@esdprofessionals.org.
- Check out all our [How-To guides](#) on our website, where you'll find a wealth of professional [resources](#) for developing your ESD practice.
 - Would you like to see a new How-To on a specific subject? Let us know at hello@esdprofessionals.org.
- Did you see our new video starring many of YOU? Be sure to watch it [here](#) (show some love in the comments!) and check out our other videos on the [Association YouTube channel](#).



A NOTE FROM MARKETING SPECIALIST TASHA INA CHURCH

*"She is spitting a mouthful of stars
She is singing louder than the men who raped her
She is walking beyond the Milky Way
She is new to her breath
She is sacred in this breathing*

*She is spitting a mouthful of stars
She is holding the light more than those who despised her
She is folding clouds in her movement
She is new to this sound
She is unbroken flesh*

*She is spitting a mouthful of stars
She is laughing more than those who shamed her
She is ten horses breaking open the day
She is new to these bones
She is holy in their dust."*
—Gregory Scofield, She is Spitting a Mouthful of Stars

As an indigenous woman, I focus on recognizing generational resilience, I support generational healing, and I see the wisdom and strength passed down from our foremothers to help us on our path of empowerment. I am honored to share this important month of awareness with you.

The above poem was written in honor of murdered and missing indigenous women. Indigenous women are the most targeted demographic for violence, along with Indigenous children. We do this work in ESD to end violence in our communities, and offering tools, strategies, and choices to those who need them is more important than ever. Thank you to those in our ESD community who are doing all they can to support indigenous populations across the globe.

However, every month should be Indigenous Awareness Month. It is so important for indigenous populations to experience ESD and explore the tools, strategies and choices that can help them navigate violence as it's happening and heal from violence after tragic events occur.

As Shanda from Turtle Mountain stated at the 2021 VPEC Conference, "We are not victims, we are targeted people." Indigenous women have the right to be, to take up space, to be more than mere objects seen as exotic. We are leaders, mothers, and change-makers. It is my hope we can support our indigenous population globally to reduce violence and enhance healing — to create the world we want for our children and childrens' children.

—Tasha Ina Church