

FOR IMMEDIATE RELEASE

CONTACT: Toby Israel or Samantha Waterman

EMAIL: toby@esdprofessionals.org,
waterman@esdprofessionals.org, (703) 232-1636



Statement from the Executive Director of the Association of ESD Professionals on International Women's Day

Worldwide, March 8, 2023—International Women's Day is a day of celebration, mourning, and awareness. We celebrate women—our achievements, our successes, our strength, our warmth, our consideration, our motherhood, sisterhood, daughterhood. We celebrate advances made for women's rights—freedoms won, rights gained, justice won. We mourn our losses due to injustices inflicted. We mourn our losses due to unfair imprisonment. We mourn our losses from one-sided restrictions. We mourn our losses from violence inflicted in wars, on streets, and in so many homes. We remind ourselves and make men aware of unequal treatment and violent acts perpetrated going back millennia. We shout from real and virtual mountain tops that we are here, we are important, we have value, we demand to be recognized, we deserve all that men deserve, and we will be heard. International Women's Day is about the empowerment of women.

The Association of ESD Professionals represents people who work in the field of empowerment self-defense. Empowerment self-defense (ESD) started as women's self-defense. ESD is about much more than the defense of oneself when physically threatened or attacked. The instruction of empowerment self-defense teaches people, first and foremost women, how to find their inner strength and how to use it—to use it to defend themselves, to be sure, but also how to feel it, how to harness it to better their lives at home and at work and at play and when alone. That inner strength helps us to know, deep down, our value. That inner strength fuels our courage. That inner strength drives us to achieve. That inner strength does more than keep us safe, it brings us peace and excitement and happiness. Empowerment self-defense teaches us how to find, access, and channel the strength we all have within ourselves.

For thousands of years, women have been subjugated, beaten down, denied, reproached, insulted, harassed, sacrificed, scapegoated, disparaged, belittled, battered, beaten, enslaved, and abused. Those days are ending, though too slowly. We take several steps forward and then a few back. We celebrate the victories and, too often, silently endure the losses. Let International Women’s Day be a reminder to us all to use our voices and be heard—the Association of ESD Professionals joins its voices with the voices of thousands of organizations and millions of women around the world fighting for the empowerment of women.



Samantha Waterman
Executive Director, Association of ESD Professionals

To learn more about the Association of ESD Professionals, please visit www.esdprofessionals.org and follow us on social media.

[Instagram](#) | [Facebook](#) | [Twitter](#) | [LinkedIn](#)
