



Self-Defence with Black Venus

TW: themes of domestic violence and sexual assault. Certain phrases may trigger survivors. It is advised to have things available to hand that may soothe you (eg, a journal, tea, fidget toys etc) or to employ a practice that is helpful to you, such as [tapping](#). Remember that you can pause the video whenever you like, and come back to it when you are ready.

Disclaimer: while the purpose of this video is instructional, it is highly recommended that you seek professional guidance before practicing these techniques with a partner. The instructor claims no responsibility for injury if these techniques are practiced without a supervisor present.

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Part 1: Building a Practice

This episode explores self-defence as an aspect of martial arts. Removed from a sport context, the martial arts becomes a set of practical systems that can be employed in assault situations. Self-Defence systems are not used to attack, rather to protect.

We explore how martial arts is not just about physical discipline, but psychological and philosophical. It starts with the radical notion:

YOU ARE WORTH DEFENDING

When the focus centres around defending ourselves, we can start to find accessible and inclusive means of protection. It explores the concept of martial arts as a defensive, not aggressive, discipline. This means, a holistic practice that is developed to combat assault, whether in a public or private setting.

The key is to remove ourselves from situations, as soon as we realise that they may be potentially harmful. This is the psychological aspect; learning to trust our instincts and believe ourselves when we feel something is dangerous. Often times we are conditioned to not trust ourselves, and force ourselves into accepting advances or being in spaces that we later regret. We have to remember this is *not* our fault. At the same time, we have to lean into this discomfort of shame and stigma. We and our experiences are our greatest teachers. We survive through strength, and we defend through knowledge and lived experience.

