

Self-defense for women

You've got a lot more going for you than you think

A one-day, intensive self-defense training workshop for women of all ages will run from 9:45 a.m. to 4 p.m. Saturday in Room 409, Building J, Orchard Ridge Campus, Oakland Community College.

Jaye Spiro returns to the campus at the invitation of Womencenter to conduct the workshop that focuses on awareness, prevention, strategy and effective fighting back.

"You've got a lot more going for you than you think you have," Spiro said. "Studies show that women get out of attacks more often than they become victims just by yelling, using a book, keys, umbrella, whatever they have in their hands. The workshop will help raise your awareness of what you can do, cause you to think about it ahead of time, be prepared."

Spiro believes that the success of any self-defense program is not measured by the number of assailants defeated by hand-to-hand combat.

"Real success is better gauged by the great numbers who carefully avoid and prevent victimization," she said. "I teach home security, car security, street prevention, but I emphasize teaching assertive, non-victim behavior. A powerful posture and calm tone of voice, direct eye contact and assertive speech decrease vulnerability and at the same time develop confidence," she said.

SPIRO IS A second degree black belt in Ai Mute Shotokan Karate and founder and director of Mojabi Karate Do-Jo, Jiu-Jitsu School of Self-Defense in Detroit.

She is a pioneer in the development of courses for women, the blind, children, senior adults, and the physically and mentally disabled. She has served as a consultant to



Jayo Spiro teaches self-defense to young people, to blind people, to elderly people and disabled people. The workshop she heads next weekend on Orchard Ridge Campus is for women only.

other self-defense teachers in the United States and Europe. Her book, *Women's Self-Defense: 22 Commonly Asked Questions* is now in its third printing. She emphasizes that the effective fighting techniques she teaches in her workshops are simple.

"The fighting theory is clear, easy to learn and easy to remember," she says. "All of my workshops are filled with women of widely varying ages, backgrounds and levels of fitness."

In her session on strategy, she says, "To create sensible plans of action for different kinds of encounters

is the main goal of self-defense training. A recent study of survivors of rape and attempted rape concluded that those who had a predeveloped strategy were more likely to stop the attack than those who had none. Participants in my workshops practice verbal and physical techniques until they become automatic."

SPIRO SAID participants come away from her workshops with a more factual understanding of sexual assault, increased self-confidence,

a sense of greater control over their safety, and a repertoire of skills to effectively handle situations that could run from annoying to life-threatening.

Cost of the one-day workshop is \$15. Preregistration is suggested by calling Womencenter, 471-7602. Participants are asked to wear loose, comfortable clothing and bring a brown bag lunch. Coffee, tea and juice will be provided. Accommodations for child care can be arranged while making registrations.

Hatha yoga classes are starting up now

Yoga classes begin in locations throughout the metro area this month, simultaneously as the Yoga Association of Greater Detroit prepares to bring Lilla Folan here for a two-day workshop.

Folan, a longtime yoga instructor seen on public television, will show the novices and the experienced how an ancient Eastern discipline can be successfully incorporated into a busy American life Friday and Saturday, March 20-21, in Lathrup Village Municipal Building, 37400 Southfield Road.

Folan believes that the freedom and power in one's life comes from the discovery of who you are. She believes that yoga is more than freezing the body; it also opens the heart, mind and spirit.

The two-day session will include sessions in hatha yoga and kinesthetic yoga, the ritual of yoga, which is a

source of renewed energy and wisdom, posture, breathing, meditation, song and dance.

Hatha yoga includes body movement, postures and breathing exercises, designed to promote physical and mental well-being, while reducing stress.

Classes are for all ages and all body types. Class information is given by calling the Yoga Hotline, 557-0047.

Reservations for Folan's workshop are taken by sending a check made payable to Yoga Association of Greater Detroit, to Salles Rosen, 24319 Connecticut, Southfield, 48076.

Fee for the workshop is \$20 for the session 1-3 p.m. Friday and the session 7-9:30 p.m. Friday. Fee for the session that runs from 9:30 a.m. to 3:30 p.m. Saturday is \$40.

Rosen will take inquiries at 558-2011.



retirement memos

Margaret Miller

Retirement takes surprising turn

MORE THAN four years into retirement, I find myself doing something I had figured would be part of life from the start. The something is writing part time. Very part time.

But the job is a far cry from anything I might have envisioned myself doing. I certainly never expected to be employed by the local school board as a teacher.

Actually, Joe and I came to Florida thinking we'd put in some time in the craft we knew — newspapering. In fact, we were encouraged in this thinking by a manager of the local daily before we even made the big decision to retire when we did.

BUT MANAGERMENTS change, and such employment never worked out. Editors were cordial enough, but so too even called, and we branched into a little free-lance work and then on to other varied interests.

That branching is what has led to my receiving a small paycheck again.

I've mentioned before in this space that I've been spending Wednesday mornings most of my four years here as a volunteer in a school-sponsored workshop offering crafts for the handicapped.

I was attracted to the group because I had left two blind elderly relatives in Michigan — it seemed as though in working with the people there I could feel a bit closer to my dad and to my Aunt Helen.

Besides, they were making things out of shells, and that was my weakness. But the gracious and interesting people in that group — some blind, some just slightly-sighted — soon won me in their own right. And when it became evident that most preferred macramé to shell work, well, that was just fine with me. I undertook to learn macramé.

WHAT HAS HAPPENED is that the class teacher decided — because her husband is in a nursing home and her own health has had a setback — that she would rather be a volunteer again. She wondered out loud if I'd consider taking over.

I wasn't a teacher, I pointed out. I didn't even do macramé very well. She didn't think that made much difference. I knew the people and was learning the craft and she'd be there often.

Turned out the head of adult education agreed with her thinking. So I filled out the required papers and was properly hired and since the first of the year I've spent three hours as well as a salaried teacher.

Retirement wonders will never cease.

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband, Joe, have retired to Florida, where she writes Retirement Memos.

Small style shows efficiency

Dear Ms. Green:

I too am fascinated by graphology and would like you to analyze my handwriting.

I will be fascinated to see if what you have to say fits with my ideas about myself — however, I'm not always pleasant to get information that is not positive. I know my own faults and have been trying to control them and become a better person, but it is hard work!

E.K., Livonia

Dear E.K.:

The picture of an efficient businesswoman evolves as I study your small handwriting with its many simplifications.

High intelligence with thinking processes that are rapid and lucid punctuate your handwriting.



graphology
Lorene Green

Creativity and originality are revealed.

Speed and accomplishment are pervasive and reveal your modus operandi.

Time is money, and you feel it should be used wisely. So you are not inclined to waste yours on the extraneous. You can cut red tape and move right to the heart of a problem.

YOURS is a direct approach to most things. And you have the ability to anticipate problems and make

quick decisions. You take a firm stand on issues and can be stubborn. Once the decision is made you want to move quickly to the next item of business.

Seemingly you have a special gift of words. You express yourself well and could have some literary aptitude.

There is a sense of culture in this handwriting as well as the business orientation. You have had exposure to some of life's finer things.

Emotions are usually controlled. However, details can be a source of annoyance even though you are cognizant of their importance. And persons who cannot keep up with you

intellectually might also test your patience.

EARLY in life you learned to stand on your own two feet and be independent. Female influence from this period was strong.

You are a self-starter and have initiative. A tendency to also be self-critical is seen. And a marked sensitivity to personal criticism is evident.

There is a modest quality about you and you are a mature young woman.

If you would like to have your handwriting analyzed through this newspaper write to Lorene C. Green, a certified graphologist, at 30251 Schoolcraft, Livonia 48150. Please use a full sheet of white, unlined paper writing in the first person singular. Age, handedness and signature are all helpful. And objective feedback is always welcome.

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