

# **BATTLE WOMAN®**

## **SELF-DEFENSE**



**Freedom from fear  
starts here!**





You can plan a women's safety and wellness event led by an innovative woman who is revolutionizing preventive and healing practices within the women's health and wellness industry. Participants will enjoy a day of learning simple tools and resources to empower themselves through immersive self-defense education.

**Why?** World Health Organization statistics show one in three women globally will experience gender-based violence and aggression in their lifetime. Violence towards women remains pervasive and normalized. The pandemic has been challenging for all of us and globally there has been an increase in violence and mental instability. Self-care and defense tools are of utmost importance now more than ever, and Rachel's work centers around shifting and reversing this cultural norm. A victim of assault herself, Rachel's ethos is to teach as many women as possible the keys to **assault prevention**: preparation, planning and practice.

It's critical to implement solutions for preventing gender based violence when the physical and mental health consequences, such as PTSD, can cost survivors more than \$120,000 over their lifetimes. Without effective solutions, everyone suffers the economic consequences of gender based violence in the form of **lost productivity, criminal justice and medical costs**. This creates an economic burden of almost \$3.1 trillion, according to the CDC research.

In a society that tends to be reactive, Battle Woman® is serving the community by providing valuable tools in the fight against violence that can elevate women's quality of life on both personal and professional levels.

While there's no way to completely prevent bad things from happening, there are strategies that may reduce your risk. You can take an active role in increasing your safety or the safety of those you care about with ongoing self-defense training.





# ABOUT

# BATTLE WOMAN®



## "SELF-DEFENSE BEYOND THE PHYSICAL"

The Battle Woman® program is a comprehensive and integrated self-defense training method that combines breathing and visualization with targeted technical training to build confidence, and mental and physical strength. Preventative practice is empowering and nurtures healing as women learn real-time defense skills and strategies to remain calm and controlled in-the-face of physical and mental harm. Classes provide a safe arena for women to learn how to use their voice and set boundaries through role-playing self-defense techniques and scenarios.



# ABOUT RACHEL MAHLOCH

Self-Defense and personal safety expert, Rachel Mahloch had a vision - to create a holistic and unique empowerment brand exclusively for women that focuses on teaching her specialized self-defense training style in real-life settings that threaten personal safety.

Rachel has a deeply rich and diverse background - spanning almost 30 years - in corporate business, operatic vocal performance, and extensive martial arts training. She holds two, second degree black belts in both Kempo and a hybrid Japanese jujitsu-based self-defense (incorporating Muay Thai, Tae Kwondo, Aikido, and Brazilian jujitsu).

Balancing her dynamic finance career in New York with raising her three children, Rachel became deeply aware and attuned to the importance of consistent self-care and wellness. It was this epiphany that created the building blocks of her recognized program, Battle Woman®.



**Rachel Mahloch,  
Founder and President  
Self-Defense and Personal Safety Expert**





# BENEFITS of SELF-DEFENSE

In addition to the direct benefit of gaining the ability to defend yourself, self-defense training also helps you feel less anxious and more effective in all aspects of your life.

Ongoing training also:

- Improves situational awareness
- Develops a greater sense of balance and coordination
- Increases self-confidence and self-control
- Teaches how to recognize, handle and manage fear
- Provides an energy outlet and stress relief
- Develops assertiveness while reducing aggressiveness
- Teaches quick decision making
- Improves physical conditioning
- Nurtures the healing process



# WHAT WE DO?

The Battle Woman® program is an immersive self-defense education that equips women with simple tools and resources to empower themselves.

Customized workshops and seminars explore a variety of uncomplicated and practical techniques that prepare women for real life scenarios; replacing fear and uncertainty with confidence in their ability to defend against some common attack methods, as well as recognize or avoid potentially dangerous situations.

Appropriate for all skill levels. No prior experience necessary.

## **Learn:**

- Personal awareness and threat assessment strategies
- How to recognize and avoid potentially dangerous situations (trust your gut!)
- De-escalation strategies
- How to set and reset boundaries
- Practical skills that can be used in a variety of situations
- Breath control to help you remain calm under stress
- Visualization exercises
- Role-playing and "what if" scenarios
- and so much more





# WHAT MAKES US DIFFERENT?

The Battle Woman® program stands apart because its philosophy is rooted in the belief that self-defense extends far beyond physical training. The majority of sexual violence happens at or near the victim's home by someone the victim knows. Assault prevention requires preparation, planning and practice, therefore it's critical to provide the opportunity for skill development and confidence building as early and as often as possible.

Our classes take a unique approach to a sensitive topic by teaching interchangeable physical and mental tools that can be used in a variety of different situations. This includes, for example, learning to use your voice to set boundaries, personal awareness and threat assessment strategies, along with the technical training derived from multiple disciplines.

Created with a woman's body in mind, each technique is tested to ensure its effectiveness across a wide range of abilities including those with physical limitations or injuries.

Dynamic and unpredictable by nature, real world self-defense requires us to be adaptive to the environment, which means our techniques are not prescriptive.

Students are encouraged to explore the what if scenarios and make adjustments to capitalize on their own personal strengths.

Over time, those skills become deeply rooted, creating confidence and an overall feeling of personal effectiveness which can be life changing.



# VOICES

## FROM THE COMMUNITY



**How women are transforming their lives through self-defense.**

**This class is AWESOME!!  
You will learn some great self defense techniques that can be used in common real life scenarios. You'll also walk away feeling empowered, confident, and able to de-escalate situations and set boundaries to prevent them from happening.  
This class has it all!**

**JAMIE TYLER**

