Self Defense for People with Disabilities

People with disabilities experience a rate of violent victimization at least 2.5 times higher than those without disabilities according to data compiled by the Bureau of Justice Statistics. Learning a variety of self-defense measures, such as using an alarm to call for help or identifying adaptive martial arts techniques that best match individual function, will better prepare wheelchair users to protect themselves in unexpected situations. Contact local martial arts studios or rehabilitation hospitals to see what programs and classes might be available in your area.
Websites

https://adaptivemartialarts.org/
Adaptive Martial Arts Association
PO Box 225
Pittsford, VT 05763
Phone: (802) 747-8184
Offers an online directory of martial arts schools that offer adaptive classes.

http://www.defenseability.com
International Disabled Self-Defense Association
22-C New Leicester Hwy., #259
Asheville, NC 28806

http://www.fightingarts.com/content02/wheelchair_tech_1.shtml
FightingArts: Kurumaisu Jutsu – Wheelchair Techniques

FightingArts.com: Teaching Martial Arts to Differently Abled People

All About Multiple Sclerosis: How Can People with Disabilities Remain Both Mobile and Safe?

Rolling Without Limits: Self-Defence Tips for Wheelchair Users

Shepherd Center: Self-Defense Class Helps Wheelchair Users Prevent Attacks and Defend Themselves

SpinalCord.com: Stay Safe in Your Wheelchair—Self Defense You Need to Know Now

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program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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