

## PE offers self-defense



Marty Lang holds Bob Panky in a headlock to demonstrate a basic self defense

By Laura Hatch

Battalion Reporter

Two single lines of women stand facing each other on a wrestling mat. They glare into each other's eyes while shouting determined-sounding yes's and no's.

What is it for? Self-confidence, self-defense.

Marty Lang, instructor of the self-defense for women course offered by the Texas A&M University department of health and physical education, explains this odd exercise as a defense tactic.

Being only 5 feet tall myself, I wanted to know if this sort of defense can really work. It's part of a self-confidence concept, Lang said in an interview. A woman of any size can get herself out of an assault situation by remaining calm and standing her ground, she said. Lang herself is five-feet, one-half inch tall.

If an attacker has a gun or a knife at a woman's throat she has to give in to protect her life, Lang said.

"I think the number one thing is that someone can control your body," Lang said, "but only you can control your mind."

Lang, who is certified in self-defense by the Women's Self Defense Council of America, said the most important part of self-defense is mental control. Lang said she was introduced to self-defense instruction while attending the University of Iowa. Being a small person, Lang wanted to learn how to protect herself.

While teaching a self-defense course for a junior high in Illinois, she attended a seminar on self-defense. Helen Grooms Stevens, who has a black belt in judo and is special defense consultant for the San Diego Police Department, headed the "three days of very intensive training" that Lang describes as "a real eye opener."

Lang said that many of the things she had been teaching were proven not to work and in some cases, to do more harm than good. Some common techniques that are not advisable are:

Screaming, crying or pleading: These only reinforce that attacker's belief that the victim is helpless.

Use of a windmill thrust to break a grip around the throat: This can sometimes cause the fingers to lodge deeper in the throat, increasing the chances of choking.

Yelling "fire": This is also a sign of weakness; the victim is depending on someone else who may not be there.

Mace chemicals, nail files and keys: The woman may not have them ready in the event of an attack.

method taught to women in a Texas A&M University health class.

Staff photo by Greg Gammon

Although such chemicals are legal in Texas, they are illegal in some other states.

The use of knives and fists: These can be very dangerous unless the woman knows how to use them well.

Lang said once a woman has made the decision to fight, "you must be 100 percent committed."

"I don't want to focus on this as being a male-to-female assault. You have as much of a chance at being assaulted by a woman anymore, as you do a man," she said.

Only 30 to 40 percent of assaults are ever taken to court, Lang said.

Women are sometimes very reluctant to go into court because, "many times, women are accused of bringing it on themselves," she said. "They are the ones who are guilty until proven innocent."

Society has conditioned women to believe they are at fault, she said. Women do have the right to wear what they want and go out when they want.

"Now dealing realistically with the world though, sometimes you may not want to go out on Main Street in a bikini at 2 a.m. in the morning," Lang said.

If possible, a woman should try to talk her way out of a potentially dangerous situation. Using her surroundings to distract the person can help, she said.

Lang cited a woman in a large city who was approached by a man who told her, "I've always wanted to rape a woman."

The woman, trying to remain calm, asked him, "Why do you want to do that?" Noticing a coffee shop near by, the woman suggested they talk over coffee, Lang said. This calm attitude upset the power balance the man was expecting, she said.

Once the man was calmed, the woman went to the restroom and called the police, Lang said.

"Pleading does not work," Lang stressed. "Try anything; tell them it's your period, tell them you have a social disease. They may not believe it, but if that doesn't work, keep talking."

Throughout the course, Lang said, she will teach students various kicks, grasp releases, a few strikes and most importantly, to believe in their own self worth.

Women have always been able to protect their children or someone they love, Lang said, but the self protection instinct has been bred out of them.

All of this defense consciousness is to put that instinct back, Lang said, so if a woman is faced with a "them or me" situation, she can say, "it's going to be me."

## ORC, Travel offering trips

By Kitty Fraley

Battalion Reporter

Spring break is a time for relaxing and "getting away from it all," whether you are into sun and surf, the snow scene or backpacking in the wilderness.

Spring break starts March 16 and runs through March 22. So, including weekends, that means nine days of freedom.

The Memorial Student Center Travel Committee is sponsoring two trips for Texas A&M University students, faculty and staff over spring break.

The first is a Bahama cruise aboard the "A&M Loveboat," Debra Lanham, chairman of the Travel Committee, said. The cruise will be March 16-21 and will cost \$595.

This includes round-trip air transportation from Houston to Miami, ocean transportation and four nights aboard the ship.

Also included are all meals and services aboard ship, port taxes and tips and gratuities.

The deadline for the trip was Feb. 6, but it has been extended till Friday, Feb. 13, to fill two empty spaces on the cruise.

The second Travel Committee trip is a ski trip to Wolf Creek, Colo. This will cost \$325 and will be March 13-21.

The trip includes round trip transportation to and from Wolf Creek via Greyhound charter, six nights at the Rainbow Lodge and five day lift tickets.

Transportation to and from the ski area and two meals a

day are also included.

The MSC Outdoor Recreation Committee has three trips planned, Bryan Hall, chairman of ORC, said.

"All equipment for the trips offered can be rented from the ORC," Hall said.

The seventh annual raft trip to Big Bend National Park will be March 13-20 and will cost \$85. Sign up will begin Monday and last through March 8.

There is a 30 person limit on the trip, but Hall said there will be a waiting list in case of cancellations.

The cost includes transportation, food, raft fee and other equipment.

No rafting experience is necessary, Hall said, and transportation to Big Bend will be in University van.

A cross-country ski trip in the Estes Park, Colo. area is also planned for March 13-21.

The trip will cost \$150 and has an eight-person limit. Sign-up begins March 1 and lasts until March 12.

Experience in cross-country skiing is necessary, Hall said.

"Snow conditions are an important factor," Hall said, "because with no snow or just a little there will be no trip."

A backpacking excursion to Big Bend is planned for March 14-20. Sign up begins Feb. 23 and lasts until March 8.

No experience is needed and there is a 12 person limit.

The \$65 cost includes food, transportation and group equipment.

More information about all trips is available in the Student Programs Office, 216 MSC.

Dennis Ivey's

## LAKEVIEW CLUB

The Very Best In Country-Western Music and Dancing

Thursday & Friday

Music By

**DENNIS IVEY and  
The Waymen**

Thursday:

**Lone Star Draft Beer 5¢ cup**  
Ladies \$1.00 Men \$3.00

Friday:

**Draft Beer \$2.00 pitcher**  
\$2.00 Person

Saturday Night

**ERNEST TUBB!**

and The  
**Texas Troubadours**

\$6.00 Person Draft Beer \$2.00 Pitcher

3 Miles North of Bryan on Tabor Rd.