



**Thousand Waves**  
Martial Arts & Self-Defense Center, NFP

1220 W. Belmont, Chicago, IL 60657  
tel 773-472-7663 fax 773-472-7698  
info@thousandwaves.org  
www.thousandwaves.org

## **Safe, Strong, & Respected: Empowerment Self-Defense for Everyday Safety**

### **Overview and Partner Application**

#### **Overview**

Thousand Waves Martial Arts & Self-Defense Center is excited to work with partners in our community in order to deliver pro-bono violence prevention and self-defense programming to your constituents. During the 2018 calendar year, we will be working with one or more organizational partners to deliver 12 hours of violence prevention and self-defense programs to young women or young people in the LGBTQ community.

#### **Description of the Course**

The first session of the 12-hour training orients students to the broad definitions Thousand Waves uses for violence and for self-defense – that violence may be verbal, emotional, or physical, and that responses to it likewise include mental, verbal, and physical responses, as well as an awareness of the necessity of healing in the aftermath of violence. The first session also establishes an approach (reinforced in subsequent sessions) that is trauma-aware and empowerment-based. Students learn and get to practice responses through the use of role plays, short guided discussions, lecture, and physical practice.

In each remaining session, students reinforce the initial learning through more practice of verbal and physical skills. Additionally, they receive instruction on and have the opportunity to practice fighting from the ground, escaping from a variety of grabs, and responding to an armed assailant. They also participate in discussions centered on responding to verbal harassment, recognizing healthy relationships, and whether to carry a commercial weapon themselves. The training culminates in a vigorous physical ‘graduation exercise’ organized as a number of circuits that participants cycle through. Depending on length and frequency of sessions, the full course may be completed as quickly as over a single weekend (e.g., two 6-hour sessions) or over a full month (e.g., 4 weekly 3-hour sessions). If we contract with an academic partner, a course could stretch over an entire 15-week semester.

Our instructional methods require a high level of participation and interaction between instructors and students; as such, our maximum class size is 25 participants.

#### **Goals:**

- 1) **To enhance the individual safety of the participants we reach** by delivering a multi-session 12-hour violence prevention and self-defense training to a substantial number of participants who are demographically at higher risk of violence than the general population
  - a. Scheduling, including dates and length of individual sessions, will be negotiated with each partner agency individually.
  - b. We are trying to reach 150 individual participants. We anticipate working with multiple partners to achieve this target number.



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**2) To evaluate the effectiveness of our self-defense programming**

- a. We are seeking an external program evaluator to rigorously evaluate the program's impact on participant's attitudes, behavior, and life experiences after the program's conclusion. Results will be shared with our organizational partners upon request. Partner applicants are encouraged to suggest evaluators.

**Partner selection**

The selection process will include both this application (next page) and at least one round of interviews with representatives from potential partners. Ideal partners will serve young women or members of the LGBTQ community between the ages of 16 and 24 and have a track record of high participation in events offered by their organization. Promising applicants will be contacted to arrange interviews.

Applicants chosen for this project will be expected to sign a Memorandum of Understanding with Thousand Waves, and will be expected to collaborate with both Thousand Waves and the Program Evaluator(s) as needed.

**Partner Types**

We are soliciting partnerships with

- 1) Social service agencies, with the expectation that we will deliver training to clients.
- 2) Educational institutions, with the expectation that we will deliver training to students.
- 3) For-profit businesses, with the expectation that we will deliver training to staff.



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## Application

1. Name of organization, institution, or business:
2. Describe your organization/institution/business (“organization”). Include your mission statement if you have one, as well as a description of existing programming and the people you serve. Include descriptive information including age, gender, race/ethnicity, and any other relevant demographic information.
3. Primary contact for this project, if selected (include name, title, and contact information).
4. If you intend to offer the training to a specific sub-set of your organization’s constituents (for example, freshman, or cleaning staff) describe them, including their relationship to your organization and why you think they are good candidates for the training.
5. How will your organization benefit from the training Thousand Waves will provide?
6. How many participants from your organization do you anticipate?
7. What will your organization do to encourage participants to enroll and complete the training, and to encourage participation in the evaluation process?
8. Describe trainings your organization has offered in the past (either in partnership with another organization or independently) that are most closely matched to this training in duration and/or subject matter. How many participants did you serve?

*Space provided is not intended to represent expected length of response, please limit responses to each question to no longer than 1 page.*

Send completed applications to Thousand Waves via email (violenceprevention@thousandwaves.org) or paper mail (1220 W. Belmont Ave; Chicago, IL 60657). Applications will be accepted on a rolling basis until capacity has been reached; capacity will depend on how many participants each organization can supply. Final deadline is **December 31, 2017**.