

HEALTH AND LIFESTYLE

FIGHTING DIRTY

Fitness is secondary in this self-defence class – where knowing how to break the rules could save your life – but being able to run like a banshee helps.

by CATHY ANDERSON

Don't be fooled by the name – Fight Like A Girl is not a bunch of chicks learning how to giggle and squeal in the face of danger.

It's a reality based self-defence class based on Tactical Krav Maga, a curriculum adopted by the Israeli Army to deal with troublemakers.

And it's not just for girls. The Saturday morning class is a mixed group where boys are encouraged.

Chief instructor Adori Bubble (pictured left) is anything but a giggling Gertie. Although diminutive in stature, in an instant she can release her inner mongrel by curling back her top lip into a fierce snarl,

growl and topple a large man with only a few short sharp manoeuvres. It's scary to watch, but inspirational.

Krav Maga's roots is in hand-to-hand combat, but the idea is to first learn to diffuse a potentially violent situation, whether it is in a domestic environment or in a pub. The second skill is to know how to avoid confrontation. This could be speaking calmly to an aggressive person, screaming like a madwoman to ward off an attacker (Adori is exceptionally talented at this) or to just run.

But if you're forced into a corner, Adori's teachings will help you land a couple of jabs to the eyes, a toe to the groin (which hurts women, too) or an elbow to the face. She also



covers defence against weapons, and helping a friend in trouble.


"You need to know how to fight dirty in order to survive," says Adori. "Some people are closer to it than others (becoming aggressive) but in violent situations you are often on your own: if you don't have the will to survive you are gone."

But it's more about self-assurance than becoming a commando.

"Once people know how to fight they are less likely to get into one. We teach the skills to be self-confident," she says.

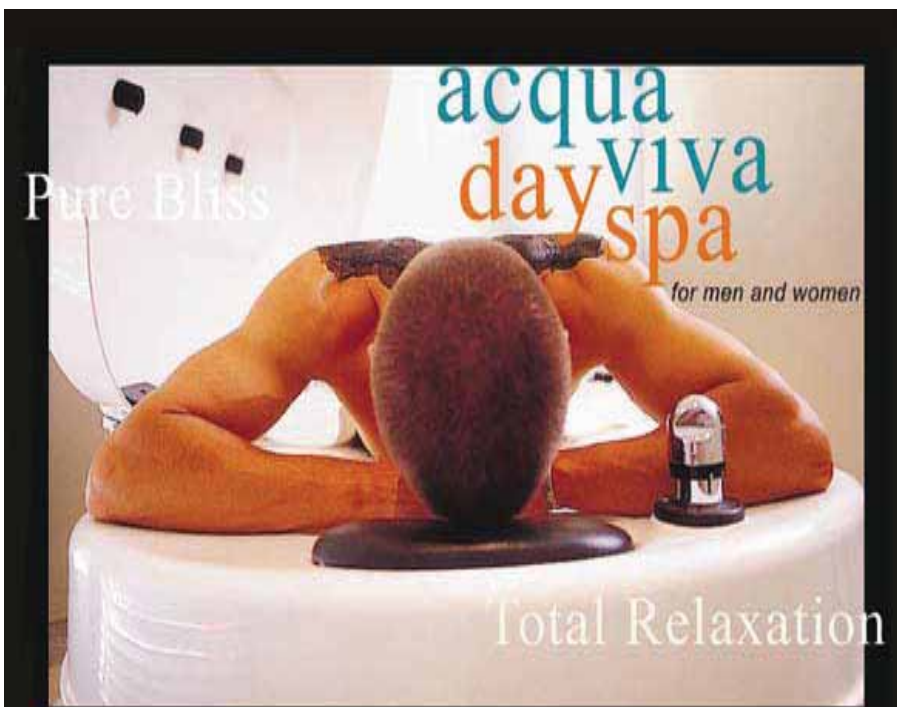
During the hour-long session I learn to efficiently kick a man in the groin, release myself from a stranglehold, and avert danger from several approaching attackers with

a few kicks and well placed hits. All that adrenalin, punching and running from attackers built up a sweat, but Adori says that's not the main focus.

"People get fit by doing the classes, but we don't promote it as a fitness class. You can be any size and still escape an attacker with the right skills, but the fitter you are, the more chance you'll have of running away." 

Classes are held at the Coburg Leisure Centre, Bell St, Coburg and cost \$15. Mixed class Saturday 3pm, women only Wednesday 8pm.

*Visit www.fightlikeagirl.com.au
Photo by Krissy Webster*



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