



Where Girls Can Be Girls

Summer Camp
Come join us this summer for some arts and crafts, cooking, swimming, dancing, singing, musical theater and much more!

Camp Sessions
I: June 14-June 25
II: June 28-July 9
III: July 12-July 23

Celebrating Our 10th Anniversary

Phone (305) 233-8362
Visit us at: www.firstgirlsclubcamp.com

Located at 1100 Stanford Drive, Hillel Student Center is in the heart of Coral Gables.



Kendale Lakes Sports Camp
at Miccosukee Golf & Country Club



Fees include one field trip per week, snack, t-shirt and a large variety of sports.

Boys and Girls Ages 7-14
June 14-August 6

Camp Times:
8:30am-4:30pm

6401 Kendale Lakes Drive Miami, FL. 33183
(786) 232-7057
Call today. Space is very limited!



Tumblebees GYMNASTICS
Olympic-style instruction for Girls & Boys, ages 12 Mos. - Adult
★ **NEW KENDALL LOCATION** ★

Summer Camp: June 1st - August 22nd
Half Day 9am - 1pm / Full Day 9am - 4pm

- Mommie & Me
- Pre-School
- Beginner through Team levels
- Teenage/Adult
- Cheerleading
- Private Lesson
- Birthday Parties

www.tumblebeesgymnastics.com
6950 SW 117th Ave - Sunset & Turnpike
(305) 596-BEES (2337)



Self-Defense

We have a very simple but effective self-defense program at our Martial Arts school. Contrary to what one might think, it has little to do with the styles of martial arts we practice. It has more to do with understanding the thinking of the violent criminal as well as what has worked in the past to escape from them. It is important to note that we do not condone fighting, which we define as a physical contest used to resolve a less than life threatening dispute. We do condone self-defense, which we define as the use of physical or even deadly force to prevent serious harm or death to ourselves or others. This article is the third part of a three part series: Mindset, Body Weapons and Improvised Weapons. You may find the first two parts at www.familymagazine.biz in the past issues.

Improvised Weapons:

You'll notice that our three "weapons" are not specific weapons at all, but broad, general categories of weapons. The reason for this is simple: You can't be guaranteed access to any specific weapon at all times. For example, even if you own a gun, you wouldn't carry it in the shower. These improvised weapons are suggested to help you be creative when your life may depend on it.

1. Blunt Objects:

This is anything you can use to swing, generating greater impact than is possible with your body alone. Examples are baseball bat, golf club, tire tool, hammer, chair, lamp, statue... anything handy that you can use in a pinch, especially when an attacker least expects it. Train yourself to think outside the box without regard to destroying your makeshift weapon. A sub-category of the blunt object is centrifugal weapons. This refers to any weighted object swung by some flexible material, which creates an enormous amount of centrifugal force. Examples are a bar of soap in a hand towel, votive candle in a sock, padlock on the end of a belt and coffee mug in a t-shirt.

2. Sharp Weapons:

The only two elements of a knife are the handle and the blade. If you can come up with both, you've just created a makeshift knife. Have you ever compacted your garbage by hand and been sliced by a can lid? Harness this accident by using a towel or piece of clothing as a handle, and a can lid as a blade. Improvised blades include broken glass (windows, mirrors, shower doors, wine glass stem, light bulb, etc.), folded aluminum can, broken CD or toy - anything that is sharp by nature or could be rendered sharp with quick alteration. Examples of handles are wash cloths, towels, bandanas, socks and other clothing, newspaper, paper towels, napkins - anything to insulate a sharp object from cutting your hand as you wield it. Pencils and pens are formidable stabbing weapons, but you must hold your thumb over the butt of the weapon to keep it from slipping through your grip on impact. Aim for the eyes if possible.

3. Utilize Your Environment:

You never know where you'll be or what you'll have at your disposal in an emergency. Sliding under a car, while not exactly an escape, creates a stalemate for an attacker and buys time. A number of simple chemical weapons pass through your hands on a daily basis as well: Hot beverages, pepper (in the eyes), perfume, and aerosol deodorant - all substitutes for mace. I once had a paperback book thrown in my face and even though I knew it was a demonstration, I busied my hands catching the book while the instructor followed close behind with a low kick.

Prevention cannot be overstated. If you feel uncomfortable, solicit a security guard. Feign a conversation on your cell phone, waving and saying "Ok, yes, I see you... here I am..." Car keys in your hand serve not only as a scraping weapon but also tell a would-be attacker that your car is close by. Plan and debate escape scenarios with your family. Decide the actions for which you have the ethical stance and/or stomach to carry out ahead of time, before you're under pressure of life or death. With self-defense, an ounce of prevention and planning is definitely worth a pound of cure.

Master Jeff Wade is the 6th dan Chief Instructor and owner of South Miami Martial Arts. He teaches primarily Taekwondo and Aikido. You may reach him at 888-585-KICK or on the school website at www.MiamiTKD.com.