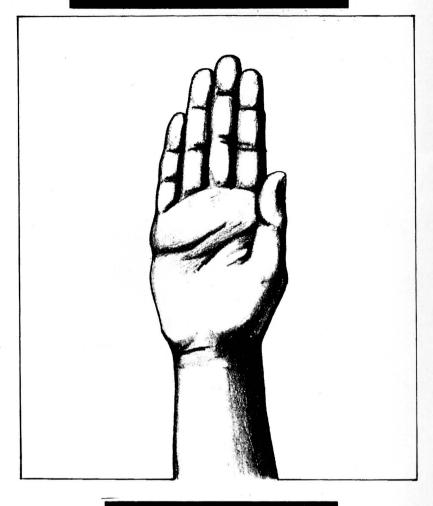


FREE TO FIGHT! an interactive self defense project

Step 1: Start with an open hand



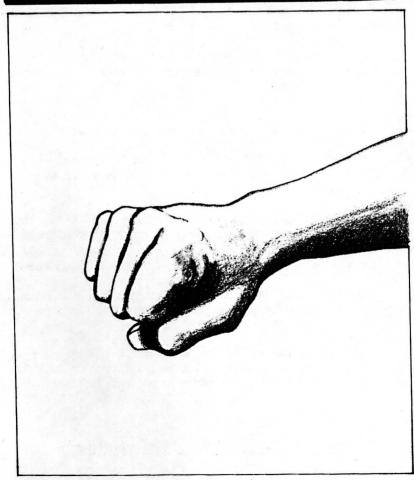
Step 2: Roll fingers down



Step 3: Put thumb across top knuckles on the outside of fingers



Step 4: Hit with the first two knuckles (the big ones).



So me and jody are friends, she taught me how to play the guitar. One night we were going to the taco bell (like all good PDX vegan rollers) in the blue van whose exhaust pipe has a direct line to the front cab. So high on carbon monoxide we were talking the usual shit when we hit a huge lightbulb. She plays rock all the time and I train self defense all the time and we both hate this sexist racist fucked up world that pretends women are weak and fragile. And we started talking about how self defense is revolution for all oppressed people. Because all of the hatred is connected. Then we talked about the FMLN for a brief moment and preparing for war and then we started talking again about being girls and going to rock shows and being treated like a child, or a princess, or a piece of meat. We spoke to our friend Staci, another self defense teacher and she kicked our butts to get us in motion. We put our 3 heads together and free to fight was born. We saw it as a manual for freedom, sort of like "free to be you and me" but more how to, like a "learn to bowl in 3 EZ steps" or a "how to dance the rhumba" with pictures, plus the K*tell disco magick record.

Some one told our parents not to teach us how to hit and not to talk about it loudly. Self defense is the equalizer. When a girl defends herself verbally she may feel she is putting herself in a physically threatening position. But when she knows how to fight, she can feel more able to say whatever she wants. When you have the physical, you have the back up for the verbal and the non verbal- your attitude, how you feel inside. When you feel how strong you are physically, your will to protect yourself can surge. This is why we know how to fight. This is why we made this.

This is not a consumer item "You've Bought Self Defense." We all already have self defense in our lives. We do with what we've got to survive. Whatever it is that we are creating: comix, zines, or maybe you are a doctor or you recycle wine bottles or something, you are keeping yourself alive. You are defending your soul. Like rock. Playing rock is the power to create and those creations are a force field against all the other shit in the world. The stage and this record are our soapboxes for public talk, to call the shit shit, and we direct that dialogue. Unlike most straight white boy bands, we do not have the luxury to not allow that conversation to exist.

The money from this project is going to be used to teach self defense to communities that can not afford this capitalist society. Also it will help fund the rambling bambling kick yer ass tour which will be girldominated rock bands and girl taught self defense before, during and maybe even after the show starting this spring and never ending.

This isn't one record one book its over. This is one explicit acknowledgment of something that has been going on with girls for a long time. We are making a pact to defend each other, to verbally and physically interrupt any kind of violence on any level. So when we're walking down the street and we see each other we know we're allies on the same side.

This pact was totally evident as we sat in our attic making contact with the outside world. So many women responded to us, passed the word on to their friends, gave us their pieces and tried to figure out with us exactly what this project was about.

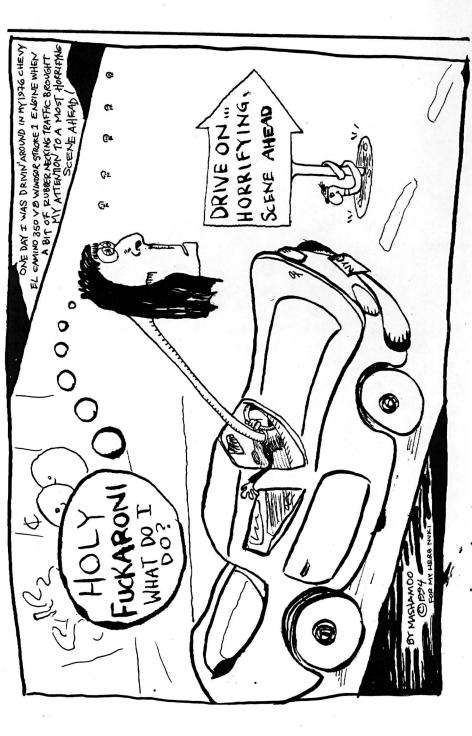
So don't forget to practice your moves during the musical numbers on the record (or meditate on your inner strength). Don't be shy. anna and jody and staci

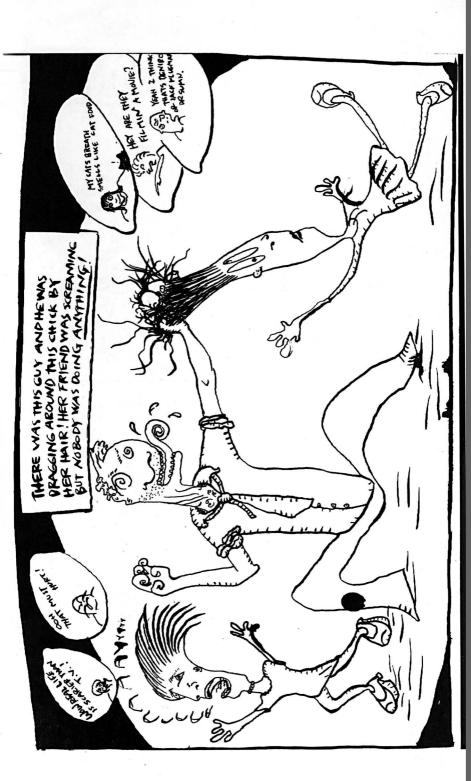
ps lovebutt rules

If you want to write to any of the artists, for example you want to know the words to a song, or if you just want to talk about whatever or share a success story write c/o Candy Ass PO Box 42382 Portland, OR 97242.

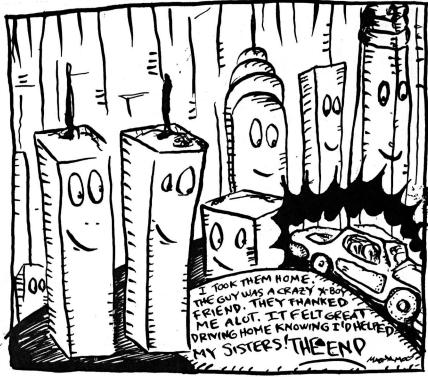
This material is intended for use by women and girls only.

spect that my House 1 NEDED, TO HIM . WHEN HE GOT TH the first time we ever asked for submissions at a rock WE TAKED FOR A LITTLE WHILE & MAKING ADVANCES TOWARDS HE HUGGED HIM, HIM. BUT HE WANTED TO HE OF ... HE PUBLED HE THE GROUND, IT WAS CALLY WET. I'M WEIGHT 115 OF ABOUT HIAT-JUST tO GIVE YOU SOME IDEA 6.3" PHOUT 200 IB'S HE WAS , ON HIS MEES WERE ON MY HAWDS I COULDN'T REALLY MOVE, I SAT IN HIS FACE BUT HE STACKED TO UNZIP HIS FANTS. [FEFT THINKING I WHAT HE TOUGH WHAT flick? WHAT THE FLICK? I'M NOT SUPE BUT HINK KICKED HIM IN THE HEAD AND fell off or over DAY COMMY AND I KICKED H. HE NOTANTLY MEED WAS HAPD This story was given to me UP INTO A BALL ! THINK KILL HIM BUT WAS REALLY ON. HIM THEEN UP HIRBW UP A LOT THAT SUPPOSED TO BE MY THE FACK? WHAT THE FUCK?









The purpose of this self defense/music/art project is to spread the word about self defense to as many women and girls as possible. We believe that self defense increases our safety and promotes self-esteem and self-confidence. We must all make individual choices about what self defense strategies feel comfortable to us. project is not intended to be a teaching guide or a substitute for a self defense class, and we can not be responsible for any person's actions based on the information herein. This is a reminder that we are free to fight!



One Definition of Self Defense

Self defense is anything we do to make our lives safer on a daily basis. Self defense is fighting with our fists, yelling, telling him to stop looking at us, running away, listening to our gut instinct, getting support, knowing we are worth defending, talking about what happened. The goal of self defense is to provide all women, children, queers, people of color, and targeted communities with options and skills that are effective and practical no matter what our experience, age, level of fitness, or shape of body may be. Self defense is about empowerment.

Self defense is about preventing an attack, what we can do during an attack, and the options we have for healing and surviving after something has happened to us. Anything we did in the past was the best we could have done with the information we had. Self

defense also means not blaming ourselves.

Violence is Violence

All abusive behavior is connected. Abusive behavior ranges from acts which make us feel uncomfortable to acts which cause physical damage or death. This could be our boss telling a racist joke to someone yelling us on the street or rubbing up against us on the subway to rape and murder. Often, justify the abuse and consider it "normal". Sometimes we are made to feel stupid or paranoid if we react to the jokes, comments or stares. These "normal" forms of abuse are offensive because they have an inherent threat of more severe abuse. When we understand the range of abusive behavior, we understand that all women and girls experience some form of sexual abuse during her lifetime.



I got on the bus and this guy was staring at me. He decided to start talking at me even though my back was to him, "Hey, bla bla bla your hairs really pretty bla bla."

I turned around and looked at his crotch for a while. Then I looked up at his face briefly before I turned back around. He seemed real uncomfortable and stopped talking at me after that. --Lake

Options and choices

We are the only ones who know what self defense choices are best for us. We are the only one's who can access our situation. We can verbally defend ourselves, we can physically defend ourselves, we can wait until the attack is over in order to get help and support, we can prepare ourselves psychologically so that we don't panic and freeze. We will trust our choices.

WE WERE CRASHING AT THE BOSTON MUSEUM SCHOOL WHEN I FIRST MOVED THERE, AND I LIVED IN TERROR AS THE WORD WAS OUT THAT SEVERAL GIRLS HAD BEEN RAPED IN THE PARKING LOT. ONE NIGHT AS I WAS RIDING THE T "HOWE", I WAS FREAKED OUT ABOUT A MAN ON THE TRAIN, JUST STANDING WHERE THE DOORS OPEN.

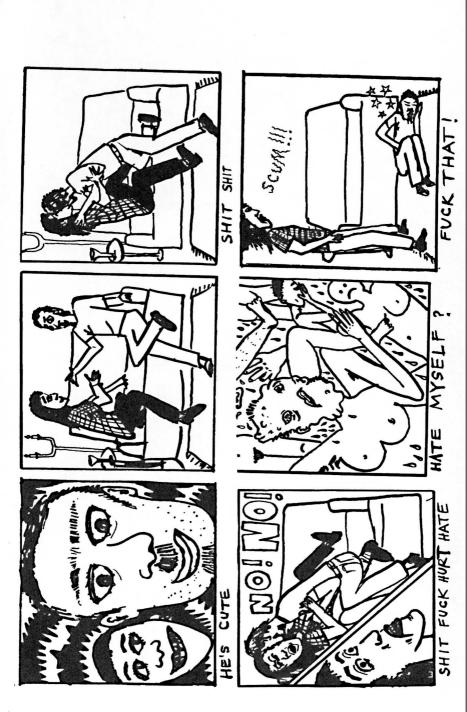
WHEN WE CAME TO MY STOP, I EXITED, AND RAN AS HARD, AS FAST, AS I COULD THROUGH THE PARKING LOT, UP THE STAIRS, AND GOT IN THE BUILDING WITH MY KEY. AS I CLOSED THE GLASS DOOR, HIS FACE WAS ON THE OTHER SIDE.

Intuition

Chills. Tight stomach, Heart beats faster. Goosebumps. These are all examples of physical responses to our intuition, or gut feeling. Our intuition is an internal alarm system, it often lets us know if a situation or person is dangerous or untrustworthy. Sometimes there is no "evidence" to prove our gut feeling, but it is really important to trust it. Our intuition is part of our internal self defense. Sometimes people ignore their intuition by making excuses for the other person's behavior, or because they don't want to risk embarrassment, or because they feel safer if they can pretend it is not happening. LISTEN TO YOUR GUT. ACT. GET OUT AND GET TO SAFETY.



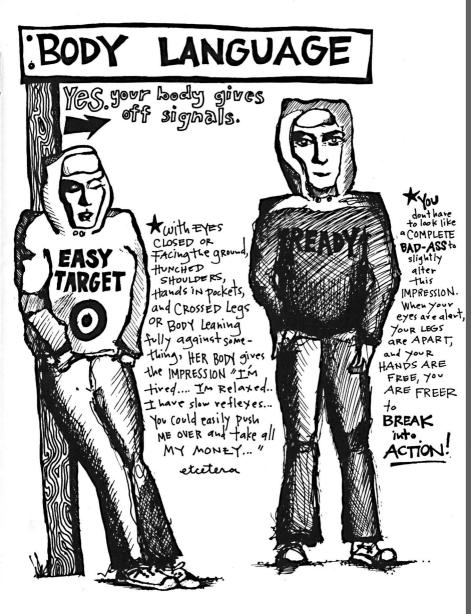




Body Language

Having strong body language decreases our risk of being targeted for violence. When we talk about strong body language, we mean walking with our heads up and shoulders back, making eye contact with people in a way that lets them know we've seen them, swinging our arms and taking up space, and keeping awareness up. Try walking across the room with your eyes focused on the ground about two feet in front of you. Now walk back with strong body language, keeping your head up, shoulders back and allowing for you arms to swing naturally. Notice the difference in how you would appear to others. Strong body language not only affects how others perceive us, it also increases our confidence inside.





Boundary Setting

Personal boundaries are our own physical, sexual and emotional limits. When someone boundaries, invades our we often feel uncomfortable, scared, angry or confused. Many have been taught to ianore these feelings. Many of us have never been told that we have the right to determine our boundaries.

I am sure we all know that annoying person who talks with their face way up close to ours. This person, although may mean no harm, is not respecting our physical boundaries. We can tell him/her to take a step back. We also have boundaries regarding what is said or spoken about, whether it is directed at us or said in our presence. We can tell someone we that we are offended by their comments and want it to stop.

Our personal boundaries may change. There may be a time when we want to be intimate with our partner and there may be another time later when we don't- we have the right to determine this.

Knowing our boundaries comes from trusting ourselves. Abusers will test a potential victim's personal space and intentionally invade that space to see how she responds. This may be by touching her casually, staring at her, or making a sexual reference. If someone makes a joke and your stomach turns, your boundaries may have been invaded. If the man siting next to you on the subway continually bumps his knee into yours, your boundaries may have been invaded. If your boss tells you that you should try to lose a few pounds, your boundaries may have been invaded. You have the right to stand up and protect them. Setting boundaries with intimates, acquaintances and strangers demonstrates our self-confidence and decreases their perception of us as vulnerable and "easy targets." It is important for us to know our boundaries so we can recognize when they are overstepped and we can work to protect them. An easy way to find your personal space is to stand with a friend and try different spacings in between you. See what feels comfortable. Try it both imaging your friend as a stranger and as herself. Next, practice looking her in the eye and with strong body language tell her to take a step back.

Brainwash



i asked this
girl i know what's
the deal with
and she
said:
COOL
HEJUST KINDA
INTENSE
""







ifeel CYAZI FOR EVERY MANING NOT LIKED MIM SO WHEN I SEE MIM I'M YEAF FYIEMDLY







then, I saw mrintersity hanged out with a gur willo taped a friend of printe. Sharing a 40 coulce r.

MO, just kidding, i tried to take to him about it once he got before the street and then strugged of the strug

THE END.

Domestic Violence

Domestic violence is when one person in an intimate relationship abuses the other over a period of time either emotionally, physically, and/or sexually to gain power and control. One in two heterosexual women will experience domestic violence in her lifetime. 30% of all heterosexual teen dating relationships involve battering. Domestic Violence is often characterized by a cycle of abuse which starts with a "honeymoon phase" during which time the abuser is on his best behavior and the couple feels in love. Domestic Violence is so complicated because love, trust and emotion are all part of the cycle. Next is the tension building phase where the woman feels like she is walking on eggshells and tries to keep an inevitable explosion from occurring. Regardless of her attempts, the cycle continues into the explosion phase which often starts with emotional or verbal abuse. From there it goes back to the honeymoon phase where the abuser often apologizes and promises it will never happen again. Over time, the honeymoon gets shorter, the tension gets longer and the violence escalates.

Many people wonder why women stay in abusive relationships and blame them for it. There are many reasons why a woman may feel she can not get out: she is afraid of being caught and then murdered, she fears for her children, she has been so emotionally worn down she believes she can not live with out him, she believes she deserves the abuse, she does not have the economic resources to leave, she has become isolated from friends and family, she loves him. WE NEED TO STOP BLAMING SURVIVORS AND START HOLDING ABUSERS RESPONSIBLE

Self defense for women in battering situations is complicated. If you are a survivor of domestic violence then self defense means not blaming yourself and getting the support you need for the healing process.

Self defense choices are going to be different for a woman getting out of the relationship than for a woman who stays. There are no guarantees, but our experience indicates that the safest time to use self defense and get out of the relationship is during the honeymoon phase. This is also the hardest time because there is the hope of him changing. Remember that self defense is really broad, and its not only about physically fighting-reminding ourselves on a daily basis that we deserve to live without violence and fear, that its not our fault, and that we are not crazy or stupid is self defense. Verbally standing up for ourselves, making safety plans, contacting our local women's crisis line and reaching out to trusted family and friends for support is self defense.

Domestic Violence and Teens

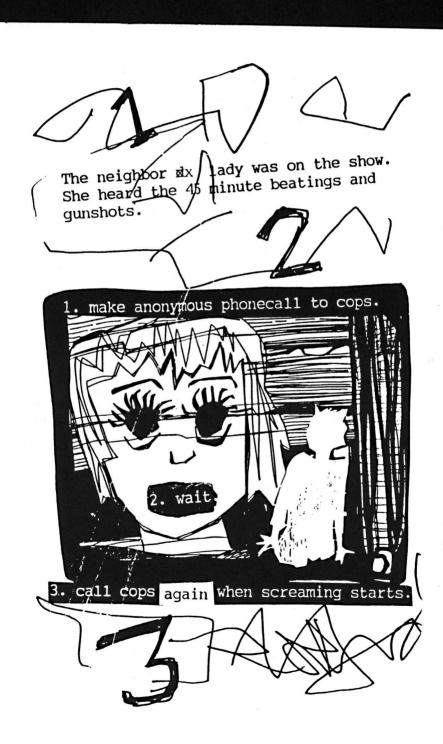
So, I was talking to my mom the other day- I finally told her about what my ex-boyfriend had done to me- how he had humiliated me, beat me up, raped me, and cut me off from all my friends. She asked me- "Why did you let him do that to you?"

Because he was the first boy that I ever fell in love with. Because he told me no on else would ever love me. Because few of my friends believed me. Because most of my friends blamed me. Because sometimes he was very caring. Because I was scared of him. Because he was older than me and I wanted him to take care of me. Because he told me he'd kill me. Because the police and the school counselor wouldn't help. Because he had a job and I was stuck in school- I hated school. Because he said I was the only one who understood him. Because he said I deserved it. Because he said he would change.

I didn't let him do shit. I left the fucker when I could. And now let me ask you Mom. Why didn't anyone help me? Why do people blame me? Why was he such a fucking asshole?



- 1 in 4 women will be raped by a man by the time she is 18 yrs. old (PWCL)
- 80% of the time, men rape women who they know at least on an acquaintance level. 57% of these rapes occur on dates. (Portland Women's Crisis Line (PWCL) and I Never Called it Rape)
- Over 50% of the time, men rape women in women's own homes
- Women who use 3 or more strategies escape over 80% of the time (<u>Stopping Rape</u>)



- 1 in 4 girls and 1 in 4 boys will experience child sexual abuse (PWCL)
 - One in two women will experience domestic violence in her lifetime (PWCL)
- Domestic violence is the number one cause of emergency room visits by women(PWCL).
- women who use one strategy escape over 60% of the time (<u>Stopping Rape</u>)





and so this one day Herman and Druie killed their dad.

Druie Herman held pulled the trigger.

Domestic Violence and queer women

The other day I was talking to a heterosexual woman who had been physically, sexually, and emotionally battered by her husband for over 10 years. Midst angry tears she said to me, "I'm thinking about being with women so that I won't get hurt anymore."

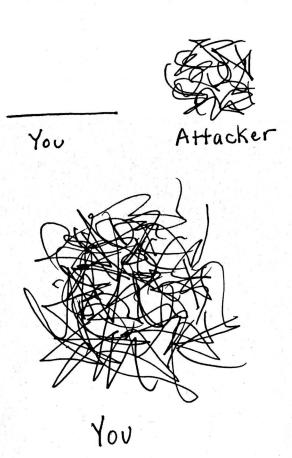
DOMESTIC VIOLENCE IN WOMEN'S RELATIONSHIPS IS HAPPENING ALL AROUND US- ALL THE TIME.

When a women hurts another woman the possibilities are endless for homophobia and sexism to intensify and complicate the situation. Think of how hard it is to say you have been abused. If you are also queer you have to face the questions: does it mean coming out? will it be assumed that being an abuse survivor and being queer are connected? will your s/m desires be equated with abuse? aren't queer women, especially butches, too tough to be abused? aren't you a traitor to your community by talking about abuse? is your life in greater danger because you fought back and spoke about your experience?



Will of the Woman

When we choose to fight back we must commit 100% and be as fierce and intense as possible. This is what we call using our will. Our will is our strength to survive. Our will comes from our internal commitment to protect ourselves. it is stronger than And attacker. You are walking down the street just minding your own business, doing what you do and the attacker is walking down the same street. Our intensity and intention must rise and surpass the attacker's. Our will to protect ourselves is stronger than attacker's will to hurt us. We are fighting for our lives.





from **HOMEPLACE:** a site of resistance bell hooks

When I was a young girl the journey across town my grandmother's house was one of the most intriguing experiences. Mama did not like to stay there long. She did not care for all that loud talk, the talk was usually about the old days, the way life happened then- who married whom, how and when somebody died, but also how we lived and survived as black people, how the white folks treated us. I remember this journey not just because of the stories I would hear. It was a movement away from the segregated blackness of our community into a poor white neighborhood. I remember the fear, being scared to walk to Baba's (our grandmother's house) because we would have to pass that terrifying whiteness- those white faces on the porches staring us down with hate. Even when empty or vacant, those porches seemed to say 'danger,' 'you do not belong here,' 'you are not safe.'

Oh! that feeling of safety, of arrival, of homecoming when we finally reached the edges of her yard, when we could see the soot black face of our grandfather, Daddy Gus, sitting in his chair on the porch, smell his cigar, and rest on his lap. Such a contrast, that feeling of arrival, of homecoming, this sweetness and the bitterness of that journey, that constant reminder of white power and control.

I speak of this journey as leading to my grandmother's house, even though our grandfather lived there too. In our young minds houses belonged to women, were their special domain, not as property, but as places where all that truly mattered in life took place- the warmth and comfort of shelter, the feeding of our bodies, the nurturing of our souls. There we learned dignity, integrity of being; there we learned to have faith. The folks who made this life possible, who were our primary guides and teachers, were black women.

Their lives were not easy. Their lives were hard. They were black women who for the most part worked outside the home serving white folks, cleaning their houses, washing their clothes, tending their children- black women who worked in the fields or in the streets, whatever they could do to make ends meet, whatever was necessary. Then they returned to their homes to make life happen there. This tension between service outside one's home, family, and kin network, service provided to white folks which took time and energy, and the effort of black women to conserve enough of themselves to provide service (care and nurturance) within their own families and communities is one of the many factors that has historically

distinguished the lot of black women in patriarchal white supremacist society from that of black men. Contemporary black struggle must honor this history of service just as it must critique the sexist definition of service as women's 'natural' role.

Since sexism delegates to females the task of creating and sustaining a home environment, it has been primarily the responsibility of black women to construct domestic households as spaces of care and nurturance in the face of the brutal harsh reality of racist oppression, of sexist domination. Historically, African- American people believed that the construction of a homeplace, however fragile and tenuous (the slave hut, the wooden shack), had a radical political dimension. Despite the brutal reality of racial apartheid, of domination, one's homeplace was the one site where one could freely confront the issue of humanization, where one could resist. Black women resisted by making homes where all black people could strive to be subjects, not objects, where we could be affirmed in our minds and hearts despite poverty, hardship, and deprivation, where we could restore to ourselves the dignity denied us on the outside in the public world.

This task of making homeplace was not simply a matter of black women providing service; it was about the construction of a safe place where black people could affirm one another and by doing so heal many of the wounds inflicted by racist domination. We could not learn to love or respect ourselves in the culture of white supremacy, on the outside; it was there on the inside, in that 'homeplace,' most often created and kept by black women, that we had the opportunity to grow and develop, to nurture our spirits. This task of making a homeplace, of making home a community of resistance, has been shared by black women globally, especially black women in white supremacist societies. . .

Historically, black women have resisted white supremacist domination by working to establish homeplace. It does not matter that sexism assigned them this role. It is more important that they took this conventional role and expanded it to include caring for one another, for children, for black men, in ways that elevated our spirits, that kept us from despair, that taught some of us to be revolutionaries able to struggle for freedom.

^{*} reprinted with permission. hooks, bell. Yearning: race, gender, and cultural politics. Boston: South End Press, 1990 41-42, 44.





Verbal Strategies

Our voice is a weapon. We can use our voice to yell, say no, confront someone who's bothering us, make a scene or to talk our way out of a scary situation.

Yelling is great because it keeps us breathing, it attracts attention to our situation, and it may freak an attacker out enough that he'll leave us alone. On the count of three, breath in and yell "no!" as loud as you can. Remember to yell deeply from your diaphragm (belly) instead of your throat. One, two, three. . .

Yelling can be useful if we want to make a scene. Attackers don't want to be hurt or caught, and making a scene in a public place increases our safety because it exposes the attacker. Women who are willing to risk embarrassment and draw attention to themselves are safer. Making a scene can be fun! Imagine that you're in a movie theater and the man sitting next to you continues to touch your arm and stare at you. Perhaps you've moved your arm more than a few times and let him know with your body language that his staring is invasive. Why not stand up and make a scene?! "This man keeps touching me, stop it! Stop staring at me!"

Assertiveness is another verbal strategy. Saying no is assertive. Naming the behavior, criticizing it and telling the person what you want them to do is assertive. For example, "you're looking at my body and I don't like it. Leave me alone." Being direct without making excuses is assertive. Maintaining eye contact and strong body language is assertive.

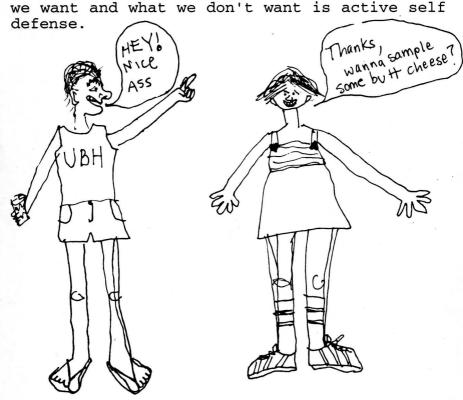
Practice the following verbal commands standing, sitting and lying down. We can be assertive no matter what our body position is, as long as we have intention.

Sexual Harassment

Equal Employment Opportunities Commission definition: A) Quid Pro Quo: someone in a position of power overtly or covertly suggests or enforces an exchange of sexual favors for a raise, employment, etc. B) Hostile Environment: the environment in which one works is hostile to the point that one is unable to perform their job to the best of their ability.

Here are some examples to practice with: "You're touching me, I don't like it, stop touching me." "You're drunk and acting weird. I want you to go home." "The jokes you tell are really offensive to me. Stop telling them." "You are sexually harassing me and it's inappropriate. Never do that again." "The way you are talking to me is disrespectful. Stop it." "You are fucking with me. Fuck off."

Because so many attacks happen between people who know one another, we can use our verbal self defense to establish the boundaries of the relationship before it becomes a physically threatening situation. Verbal self defense is a tool to help meet our needs and increase our well-being on a daily basis. The act of women standing up for themselves and stating what they feel is the basis for revolution. Being able to state what we want and what we don't want is active self defense.





Sexual Harassment, for example: repeated jokes, hanging pornography, sexual innuendos, physical touching, etc.

Know that you have the right to confront an employer, co-worker, or employee for sexual harassment. If you do so and it is unsatisfactory or does not feel safe to do so, you may enter the judicial system set up for sexual harassment. Call your local women's crisis line for that information. Know the law and its language.

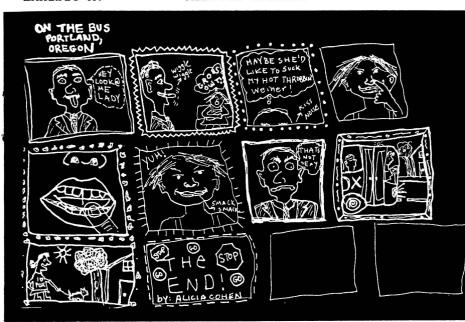
"Wiggles gets Wasted"

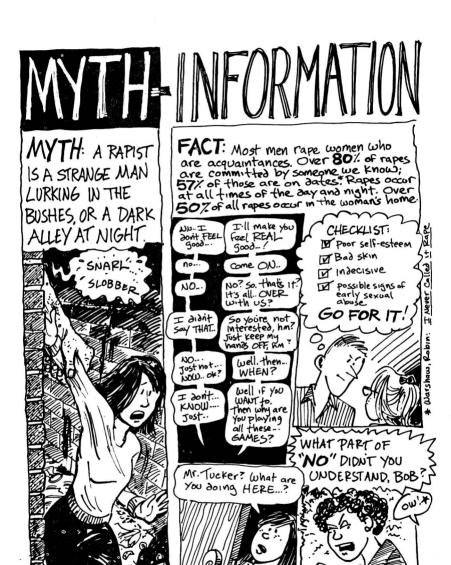
Well, recently I found myself working in a law firm, and to my surprise, a lot of people who worked there were actually decent people. They were respectful of me, maintaining a friendly joking tone when they chided me for my somewhat unconventional office garb, and otherwise leaving me alone. But there was one man, "Wiggles," (a senior partner at the firm) who was quite obviously a very, very bad man. Most other men at the firm were sexist in the stupid sense ("I don't understand why a woman would be offended if I opened the door for her"), which is damning enough, but Wiggles has a long history of being a "skirt chaser." In fact, Wiggles was married to a woman who used to be his secretary, and he also had dated another secretary who continued to work at the firm. I hate to think how many women he exploited before they knew they could sue his ass for sexual harassment. Anyway, this bastard sexually harassed me as well. It was often couched in more general terms of power struggle, because he liked to intimidate and manipulate all women and men who were young and/or new at the firm. But with women it always contained some sexual element.

One day, a few weeks after I started working there, I had been out of the office on an errand, and when I returned there was a message that Wiggles wanted to see me in his office. I went to his door, knocked, and said, "You wanted to see me?" He looked up from his leather armchair, leered at me, and said, "Yeah, I wanted to see you. You look nice." I was caught off guard, didn't know what to say, so I stood there for a minute, then said, "Uh, did you want something?" And he looked me over for a minute, then made up some bullshit about needing work on some case, and I left.

Although I consistently tried to rebuff him, Wiggles got more and more transgressive in his treatment of me, contriving excuses to touch my shoulders, my elbows, and alternately trying to steer conversation toward my personal life, or else berating in order to cut down my self-esteem. Then I started working on a big project with another paralegal who was fairly new to the firm. As we became friends, we began exchanging stories about what an asshole Wiggles was, and it turned out that he was using the same tactics on both of us. As time passed, it also became apparent that he was frightened by our comradeship, as well he should have been, because we had become important sources of support for one another, and had consequently become much bolder in our rebukes of his advances. We also had decided to speak with some of the other attorneys about Wiggles, and after we spoke to 3 or 4 different people, one of the other partners had a talk with Wiggles.

After that he entirely laid off. No more bullshit stories that somehow ended up being about his orgasms, no more lascivious smiles, no more grazing fingertips. Sometimes I wish I had told him off myself, but despising his presence as I did, and wanting to keep my job, I'm glad I opted for intervention, especially because now the law firm is legally liable for sexual harassment charges if he ever acts up again. And if he does, this story can be Exhibit A. —-Kirsten Ostherr





Roberto Gregory

Silence This

I was the last wretch of sand between life and rer dignified end. While lighting water for air it's tricky learning to swim.

I don't try to convince her now that life isn't only a battle zone or a struggle of wills between warriors and victims over the choice between survival and suicide sceing how I've had a real mother fucker in my face, in my head in my head.

When I reach the Kinal phases of despair where will you be then?
Where will you be to mend the breaking wrenching recling or have you forgotten. sister, what I'm meaning when I say none of us is spared.

In higher ranges of the atmosphere my heart clock stretches to slow the beast downstopping still moving on higher still she's gone.

Crashing, she cried for the last time never again raging again never again.

Casting off the years of iron will and holding onto my own evil I, the girl demon dog flown in on the force of the wind blown back at you laughing, laughing laughing in the face of your last bloody fucking reign.

Angelic Revenge

She breathed ragged breath as he forced her down the driveway to the car where they first held hands cruel words tore her mind fists ripped through her flesh ragged breath, ragged flesh

He took her to an empty lot with all her strength she fought yet felt his cock ravage her cunt down her ragged hands she bled when she heard the rush of angels' wings felt the touch of angel tongue lick her cuts, her cock, her cunt until he came and left

There are angels everywhere angels everywhere, she breathed ragged breath as she told her friends and screamed revenge onto he who forced her down the driveway where they first held hands

They lured him to an empty lot breathing ragged breath their screams ripped through his mind their knives tore bone from flesh ragged breath, ragged flesh they lured him to an empty lot and fed him to the angels

-Moira Bowman

 Turn that frown upside down!!

"She was smiling; her legs were open," a man once told me about his assault on a woman. Besides wanting to take out a gun and shoot him, I thought, when are you ever going to receive us as complexly as we are made?! She smiled, she was friendly, she wanted me to put my hot throbbing cock in her--somehow these things just do not follow for me. I do not smile unless I have a reason, and it shows. I have hard features; most people think they are hostile. This was not a conscious choice--if I'm busy doing something, I'm doing it, not concerned with how I should appear as I do it. I smile when I'm having a good time, laughing with friends, or elated about something. I do not smile as I walk to the library in the rain, or when I am doing dishes. All my life, people have been asking me to smile; for them. At first it was grandmothers and Sears photographers, after puberty it was and is exclusively men.

I was doing, I made the dreadful mistake of walking through the library grinning. I didn't think about it; I felt good. A day later I got an anonymous note in my campus mailbox: "I saw you smiling at me today. You have a beautiful smile. Thank you. " What made this person think I was smiling for them? Did they really think that letting me know that someone I didn't know was watching me would make me feel good? I didn't feel good. I felt watched. Men tend to confuse flattery and voyeurism. How did I know this was a man? Just a hunch; just statistics. I taped the note to the front door of the library and asked this person to contact me. He did, and he happened to be someone who had harassed me a year before. I'd asked him not to bother me again. I guess he just figured I'd come around someday, stop being such a

Once, in my senior year at college, after an extremely successful thesis meeting, excited about the research

People seem to have a hard time believing that this is an offensive occurrence. I have this problem at the bakery where I work: apparently I'm not friendly enough with our customers. Every once in a while, some asshole decides that I'm not giving enough of myself. At least once or twice a month I have a customer say to me, "Hey! How about a smile with that?," or "I bet your smile's really pretty." or "Are you having a bad day? What's wrong with smiling?" These customers are always male. I'll tell you what's

fucking wrong with that. I am not for sale. I have answered your questions, waited patiently while you

bitch.

changed your mind three times, made your stupid double tall non-fat decaf latte, taken your cash, given you change, and been polite the whole time. If I'm not smiling, maybe it's because I'm at work!! Do you sit at your yuppie corporate job and smile sillily at your computer? Or even at the struggling, underpaid temp staff? Why doesn't anyone ask the young owner of the bakery, a 6 foot 8 inches tall man, why he isn't smiling when they ask him to explain the mechanics of baking rustic bread?

The first few times this happened, I got flustered and angry, taken off-guard, had no great response. I think I mumbled, "because I got up at 6 am this morning." One day, though, I had my wits about me. "What's wrong?" said the large man over the espresso machine to me. "Nothing," I replied. "Why don't you smile then?" "Because this isn't the 50's anymore," I said. "Oh." He shut up and turned away. The next time it happened, the man I was waiting on said, "I wonder what your smile looks like." "None of your business," I said simply.

Aesthetic theorist John Berger simplifies this gross social injustice in the statement, "men act and women appear." Women are made to be watched, judged on how they look. There are men out there who feel perfectly comfortable commenting to a female stranger on how she can improve her appearance. This ranges from telling a woman that her "ass is too fat to be wearing those shorts" to telling me that I am not living up to their standard of feminine food service.

I am dark, and I have what people call "strong features." When I am not smiling, yet not frowning, my features can look hostile. One of the benefits of being a woman with these attributes is that most people take me seriously, and, in some situations, they are intimidated by me. I'm not saying that it is wonderful or even desirable to be an intimidating person, just that, in some cases, especially as a woman, it helps to look intimidating. I would never change the way I look, and I certainly won't adjust for some fucking dick who wants a cheery little girl smile with his scone. One day an older man came into the bakery. "Can I help you?" I said. "Why are all the girls who work here so young and pretty," he said, staring at my breasts. I walked away. Clearly he wasn't interested in the kind of help I was willing to give him. Julia Toews

Discover exactly how to meet beautiful women. In bars, buses, trains—even on the street!

Has this little tragedy ever happened to you?

You're walking down the street. Minding your own business. Wondering how the hell you're going to meet the next payment on your car. And suddenly you spot a girl.

Not just an ordinary girl. Not just a fantastic girl. But the girl—someone so absolutely sexy, so downright delicious-looking, you actually find yourself running to catch up with her.

You've just got to see more of her long lean legs. Her fine rounded breasts. Her high, firm behind. For an instant you even consider rape.

As you close in on her your heart starts to pound like a kettle drum. You rack your brain. What can I say that will make her melt into a little pool of butter at my feet? How can I manage to kiss her and bite her and hug her and strip off all her clothes?

Should I throw myself at her feet and promise her my savings account, my car — even my brand new *golf clubs*? Or should I just grab her long golden locks and drag her off into the sunset?

Your mind draws a blank. You don't know what to do. You worry, maybe she'll think my ears are too big. Maybe, God forbid, she'll notice my bald spot. You're

terrified that if you do get up enough nerve to say something it'll be silly. She'll ignore you. Or even worse, she'll tell you to get lost. Or report you to the nearest cop. Or both!

So when you finally do catch up with her you don't say anything at all. You merely watch as she turns the corner and sashays out of your life forever.

And with a sudden rush of anguish you realize never will you slap her affectionately on the behind. Never will you nibble on her ear. Never will you get your eager little hands on her large soft breasts.

In the days and weeks to come you think of her. Often. More than you care to. And it drives you nuts. Why didn't you make contact with her? Why were you such a coward? If only there were something you could have said that would have made her take notice of you. Some magic litle technique that would have gotten her to come with you. Talk with you. Kiss you and love you and everything with you.

Well, the fact is there's more than one little magic technique for picking up girls. There are literally thousands of them. And you'll find just about every one of them right here in this book.

So happy reading. And then happier hunting!



The fool proof guide to meeting women without a formal introduction.

1970 rape.

close in on her

bite her

strip off all her clothes,

grab her

drag her off

slap her

get your eager little hands on her large soft breasts.

gotten her to come with you.

hunting!

When a complete stranger approaches a girl out of the blue, it makes her feel pretty and feminine and sexy. And *nothing* makes a woman happier than to feel that men find her sexy.

Next time you move in on a girl, think to yourself, I'm doing her a favor.

She wants it to happen.

She'll love it - even if she pretends not to.

SEX OFFENDERS IN TREATMENT LEARN TO CALLTHEM THINKING ERRORS. FORA GOODSMOKE BOMB MIXA

CAPTS, SUGARAND

NITRATE (SALT PETER).

HEAT IT OVER A LOW FLAME UNTILLIT

MELTS. STIR Well, then POUR IT INTO A

CONTAINER YOU don'T Need. BEFORE IT

SOLIDIFIES, PUT A FEW MATCHES ON the

SURFACE AS FUSES. This WILL FILL

A BLOCK WITH THICK WITHE SMOKE.

ALWAYS LISTEN TO THE PHEMINGS WHILE

COOKING.

Primary Targets

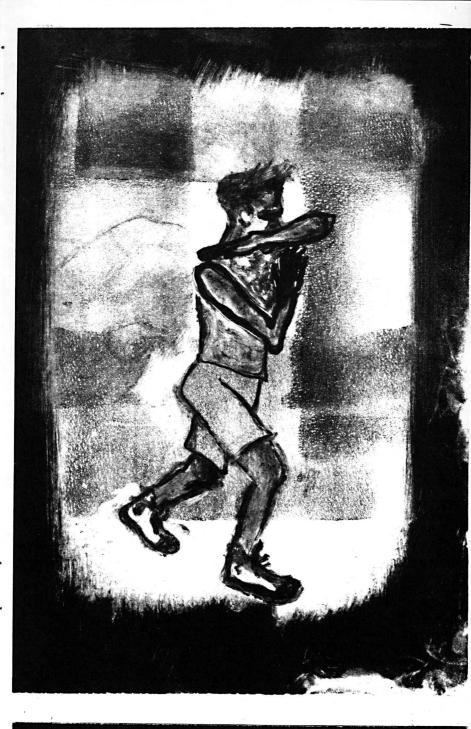
There are 4 primary targets on the body: eyes, throat, groin, and knees. Targets are considered primary because they have an involuntary or automatic response when hit. They are the most vulnerable. They are not pain dependent. All attackers, no matter how big and strong, have eyes, throat, groin and knees. Muscle and size can not protect the vulnerability of these targets. 25 pounds of pressure can bust out a knee and then an attacker can no longer chase us. Think about what happens when we get a piece of dust in our eye, imagine getting ten fingers in our eyes. And the throat, even gently pushing on our windpipe with our own hand makes us cough. When we hit hard and with multiple strikes we increase the likelihood of getting away safely. We use the strong parts of our bodies, such as our elbows, knees, hands/fists and feet against an attacker's weak parts, the primary targets. Remember it is the intention and internal will of the woman which are really important- if we choose to fight back physically commit 100% and hit with multiple strikes!

Striking

Don't wrestle with an attacker, wrestling is tiring and unless you are a trained wrestler it is probably a contest of strength and body weight. Strike instead. When you hit or kick strike hard, with all of your power. Don't hold back a thing. Imagine you are striking through your target, don't stop at your target. Yell loudly every time you strike. Hit fast, your strikes are faster than a speeding bullet. Keep on hitting over and over to whatever targets are open. Hit high and low. If you choose to fight, don't stop until you feel you can get away. Kick ass.







elbow across: the tip of your elbow is a weapon



elbow across or back to the throat



knee to groin: strike up and under to the balls



knee to groin: swing your knee high and fast



elbow back





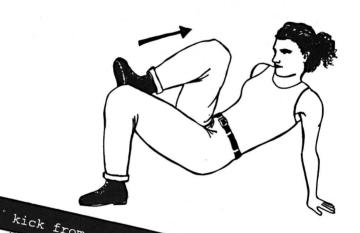


stomp: hard heel stomp

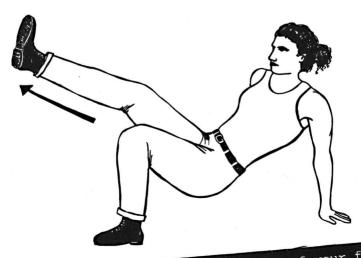
- -93% of women who killed their mates had been battered by them(<u>Critical Condition</u>)
- Prison terms for killing husbands are twice as long as for killing wives (<u>Critical</u> <u>Condition</u>)
- 92% of women is prison [in the last 10 years] had less than \$10,000 a year income (Critical Condition)

don't assume we women can't kick ass

any fighting technique you do standing up you can do from the ground.



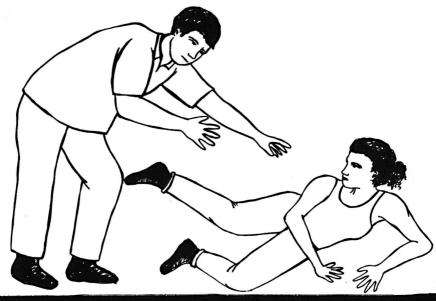
kick from ground: pump your knee to your shoulder



kick from ground: kick with the heel of your foot



eye strikes from the ground



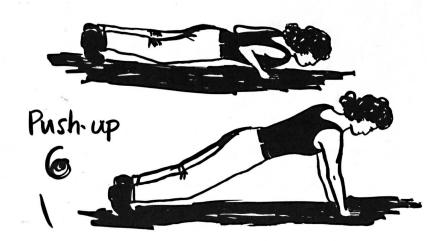
kick from ground: kick with your foot or shin to any primary target

Conditioning

The purpose of conditioning is to build muscle and strength which enhances our endurance and makes our techniques more effective. Push-ups and sit-ups help build arm and abdomen strength.

Push-ups: place your hands shoulder width apart a little bit in front of your shoulders. Your feet can either be shoulder width apart or closer together for more of a challenge. The downward motion should be done deliberately and slowly so that your arms bend at the elbows and your chin almost touches the ground. Your back should stay flat the entire time down and on the way up. Avoid sticking your butt up in the air or arching your back. Start with one push-up, build to three and then increase the amount slowly each day until you reach your goal.

Sit-Ups: lie on your back with your feet touching the ground, knees bent. Hands can be either across your chest or touching your temples, but not holding your head up. Pull in with your stomach and reach with your chin to the ceiling so that your shoulder blades come off the ground, then ease back down, never letting your head completely reach the ground. Increase the number of sit-ups you do daily until you meet your goal.



Lisa's **Supergirl** Cookies (They'll make you grow wings and fly away)

Mix together in a large bowl:

1C. grated carrots

1C. shredded unsweetened coconut

1C. currants

1C. whole wheat flour

1C. unbleached white flour

2C. rolled oats

1C. applesauce

3/4C. maple syrup

1/2C. sunflower seeds

1/3C nutritional yeast flakes

2 TBS vanilla extract

1 tsp. cinnamon

1 tsp. baking powder

1/2C. canola oil

spoon onto oiled cookie sheet & bake at 350 for 15-18 minutes.

- strong

women are

H-O-T

women









My Story...

- A man batters a woman every 15 seconds (PWCL)
- young women between 14 and 17 account for 38% of those date raped. (<u>Dating Violence:</u> Young Women in Danger)
- saying no to sexual pressure is self defense
 - 81% of women who ran and yelled from their attacker escaped. (F.I.S.T.)

saying yes to consentual sexual activity is also self defense, because yes is only meaningful if we have the power to say no

- re-define feminism so it includes you
- The amount spent to shelter animals is three times the amount spent to provide emergency shelter to women from domestic violence situations. (Critical Condition)

Guess what? Most cast for have town self esteem does not mean toware Not oppressing me a Lot of times when we is a control some white boy on something completely gross he did no says in Know i'M totally Flatked up. I'M an assmall." as it has statement of passy-whiteed self-hate somehow works toward as redistribution of power. I already knowly an assmall a manistream intervalve and secret some when so win a lossy, baby, so win don't you shoot me?"

performance art opportunity:
Go to the Beck concept and shoot him you

Her Asshole

FIRST BECK admits he totally sucks then he uses the conict fol name "BADY". Then he success that she mimeder him he is assuming.

I that she won't shoot ham of course.

I that she won't shoot ham of course.

I that he is wapable of change and the only alternative to him that being a Loser is DEATHER.

I that being a Loser isn't really very serious and havin violent fealings toward Loser is irrahonal. Funny even.

(even though "like!" is dividus a euphomism for seximal a pop star with nothing to say.

I that hot co to to to the seximal arm not insave.

I also love going to Su-Valley Junior/Senior High! It's great! I guess The main diference is the teachers don't treat you like little kids anymore. They treat you like big kids. Theres this realy dorky kid that realy likes Me and I don't like him AI ALL! I think I'll Kick him.

Sirverily Margaret

Safety Planning

When we say safety planning we are not talking about restricting what you do and where you go. Safety planning is not about renting a go. Safety planning is not about renting a movie instead of going out spray painting. Safety planning is self defense that many of us already do without really thinking about it. It is the secret code that we've made up with our friends before going into the party that says, "this guy is sick, come get me." It is two friends walking a third friend to the bus stop. It is looking at the cab driver's license number before our friend gets in and goes. It also can be us pre-planning what to do if we're attacked: reviewing the primary targets together before going out, figuring out who in the group will call 911, who knows fighting techniques, where will we meet if we lose each other? What will we do if. This can be lots of fun- in a group deciding who is wonder woman, who is Farrah, Kate and Jaclyn, who's got the imaginary pistol, who's got the truth serum.

Start Self Defense in Your Town
How to find self defense in your town:
•Call the women's crisis lines or centers,
they will probably know if there's self defense classes or can help you with resources to start up your own class.

•Call different martial arts schools- they may teach courses or have referrals. Look in the yellow pages under self defense/karate/martial arts. Before enrolling try to observe a class or investigate carefully. Look for women instructors, ground as well as standing up fighting, instruction that includes verbal and mental strategies.

If you have no luck here are some ideas to get you started on your own...



- •Bug your community center (the YMCA, for example), school administrators, gym teachers (try the lady gym teacher, bet you'll have better luck), boss (corporations may be into it), church or synagogue. Anyone at all. Demand it.
- •Start with a discussion group-with friends or put up signs in a trusted place- read articles and talk-it's fun. Practice making noise together, yelling "NO" (the neighbors will love it, ha ha screw 'em), run together, do push-ups together. Learn the primary targets together. Practice over and over until it hurts. You need your body to know this stuff so if you are in a panic it becomes your natural reaction. Throw strikes in the air or to pillows. Practice moving quickly on the ground. Stretch, lift weights, do push ups.
- •Role play. It is an excellent way to practice your techniques. Think up a scenario that is realistic to you- maybe something in the past when you wish you had done something differently. Practice being assertive.
- •Cheer each other on. Whatever you are doing support each other, whether it is by cheering or making sure everyone is feeling ok.
- •We believe that women's self defense should stay in women's hands. When learning and training self defense it is ideal to maintain a safe atmosphere and space. Many women feel safer working with women and feel more open to discuss personal information and share past experience of sexual and domestic assault. A women's only space makes it unnecessary to explain or justify what we are learning with men who may respond defensively. From our experience it is more comfortable to be with women only. Also, often times when discussing

feminism or sexual and domestic violence with men, men will begin to ask for support or forgiveness from us for past incidents. It is not our responsibility to take care of them, or to forgive them. Self defense is for us and our growth. Also, as scary as it may sound, most attackers are acquaintances or are people we trust. This information should stay out of the hands of potential attackers. (However, for queer women this isn't as simple as keeping men out of classes since queer women's acquaintances and lovers are often other women and we know that women can and do hurt other women.) Furthermore, politically, men shouldn't have control over this information. It is another way for men to capitalize on the fears of women.

Plus it is so fun to hang out and be tough with other women. Self defense is for women by women.

- •Don't be deterred if it is hard to be serious. Laughing is a natural response when we feel uncomfortable. At first everyone will want to laugh and will feel silly running around yelling or pretending to be some sleaze on the bus. But persist! After practicing you will feel more comfortable in the roles and in the workout.
- •It is going to be challenging. First, be aware that women's self defense draws attention— some positive, some negative. Men feel threatened by women getting together without them and with the idea of women being strong, physically and mentally. DON'T FEEL THREATENED. Stick together and demand your space and privacy. You may also find many women are resistant to the idea. A lot of women are scared or deny the need for self defense. Many women (and men) feel more comfortable victim blaming than dealing with the reality that no one deserves to be abused and that we can do things to make ourselves safer. Word of mouth is the best way to bring women together to talk about these issues.



Reach out and Use What's There

One night, walking home alone, late at night, I realize a man is keeping pace with me across the street. I see a phone booth. I step into it and pick up the receiver. I dial and pause. I speak softly, nod and hang-up. I've spoken to no one, but when I look, the man is gone.

I don't carry spray or a gun or whatever. Tho I have bought spray for my friends, I'm just not comfortable with those options-yet. Maybe I feel too

safe because this is my home town.

I walk late at night either because I need to get from one place to another, or I feel like going for a walk at that time. There have been situations where I've been startled by drive-by hecklers and have even had to run, duck, and use alleys to get home. Sometimes, such as pretending to use the phone, I've been able to use other "tools" or make-up strategies on the spot. Not like running isn't a strategy.

Besides having myself as a resource, I try to remain aware of realizing things in my immediate surroundings that I may also utilize if necessary.

-- Bridget Irish Olympia

How to make a punching bag

Easy at home instructions!

Fill a pillow case or a sleeping bag with laundry, rags and pillows and hang it from a tree or a rafter in your basement. A good punching surface can be the back of a couch (check for tacks beforehand), a phone book, a bean bag chair (it may explode with your power), a mattress, or anything you can hit that provides enough resistance without causing intense pain or injury.

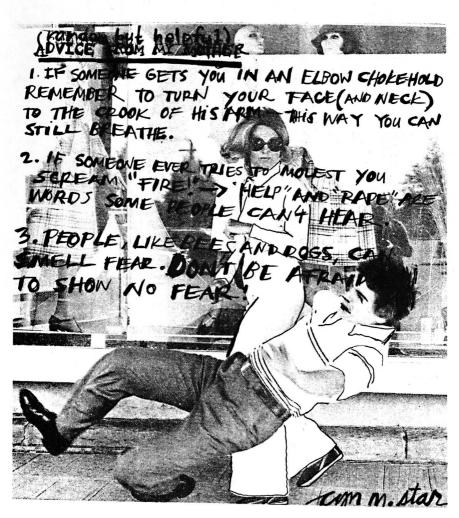
If you want to buy a real punching bag go to a sporting goods store or look in the back of martial arts magazines. Punching bags are made from canvas, leather or pleather. Also available are training gloves which protect your hands- use the thinnest glove that's comfortable for you in order to strengthen and

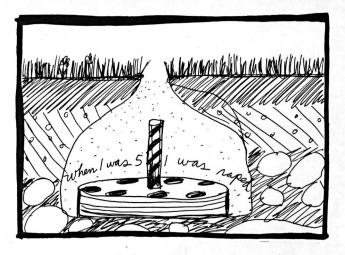
condition your knuckles.



Hate Crimes

Bias Crime/Prejudice Crime is a crime as defined by the Oregon Revised Statute (181.550) motivated by prejudice based on the perceived race, color, religion, national origin, sexual orientation, marital status, political affiliation or belief, membership or activity in or on behalf of a labor organization or against a labor organization, physical or mental handicap, age, economic or social status, or citizenship of the victim. Hate Crime (sub category): any criminal act which appears to have been primarily motivated by prejudice based on race, color, religion, national origin, or sexual orientation.









bell hooks: Where feminism has the most potential to convert and inspire people is in its effort to speak to the needs of everyday life. This became a big issue to me when one of my sisters said: "This is what my husband does to me in front of the kids. He tells me to shut up. He puts me down. You're the feminist. Tell me what I can do to change this." That made me realize how rarely feminist theory provides any actual strategies for altering everyday lives.

Gloria Steinem: But we actually did; That's where we

started out.
bell hooks: But where are our manuals that tell how to
do it?

do it?
-- interview in MS. Vol. IV, no. 2 (Sept/Oct 1993)
"permission to reprint granted one time by MS."

- 1. Sarah Rides the Greyhound
- 2. Third Sex--Monster Snack
 Peyton-bass, Trish-guitar, Jody-drums for hire
 recorded at the House of Rock by Jody
 mixed at Smegma by Mike Lastra, Donna, Jody,
 and The 3rd sex
- 3. Definition of self defense
- 4. Team Dresch--Song For Anne Bannon Kaia, Marci, Jody, Donna recorded by John Goodmanson at Avast!
- 5. Mizzery--Sleep'n Wit The Enemy lyrics, vocals-Mizzery background vocals-Nicole Bethune, Frances Mullen. music-Ryan Croone of Dark Set/ produced by CD Raised Productions Mixed at Smegma by Mike Lastra
- 6. Violence is Violence
- 7. Sue P. Fox--Killing Your Clone is Still Murder Rachel Carns-drums recorded by Tim Greene at The Red House
- 8. Rebecca Gates--Witness recorded at dub narcotic by Calvin Johnson
- 9. Body language
- 10. Fifth Column--Don't from their album "36C"
 K records po box 7154 Olympia, Wa 98507
 Caroline Azar: vocals, Beverly Breckenridge: bass, bvocals, GB Jones: guitar, drums, bvocals
 Michelle Breslin: guitar, bvocals
- 11. Yelling
- 12. 151--Real Defense music from the 151 album "Drank No Chaser" D Productions 515 NE Ivy Portland, OR 97212 recorded by Gary at Allen Sound lyrics-151, music-TW
- 13. Making a scene and assertiveness

- 14. Containe--The Martyr
 Fontaine Toups, Connie Lovatt, Ed Baluyut
 recorded at Studio Red by Adam Lasus
- 15. Assertiveness Practice
- 16. Nikki, Jen, Rueben--New Terror Story Recorded at dub narcotic by Calvin Johnson
- 17. The Lois--St. What's Her Name Lois-guitar, singing Amy-drums Juan-bass recorded by Ian MacKaye at Inner Ear
- 18. Alice's Story
- 19. Primary Targets
- 20. Target Practice
 Dougher-guitar, soprano
 Anna-alto
 Donna-tambourine
 Jody-tenor
 recorded at the House of Rock by Jody
- 21. Striking
- 22. Cheesecake--Disgracias
 Caitlin Bermingham-bass, vocals
 Colleen Nagle-drums
 Lara Comstock-guitar
 Theresa Basilo-guitar
 engeniered & produced by John Chriest @ his studio in Baltimore
- 23. Laura Sister Nobody crosses the street
- 24.Azteca X--Daddy's Crazy
 Music produced by N → else, DJ Ski-D, ★ Chile for Pure
 Flav Productions. Vocals-MC Unknown
 recorded at Smegma by Mike Lastra
- 25. Heavens To Betsy--Get Out of My Head Corin: drums, singing, Tracy: bass recorded at the House of Rock by Donna and Jody
- 26.Sylvia Gets Fancy
- 27. Excuse Seventeen--Forever Fired
 Becca: guitar, singing, Carrie: guitar, singing,
 CJ: drums
 recorded at The Red House by Tim Greene
- 28. Nikki McClure--Lucky One recorded by Nikki and Tae

book layout design by Stella Marrs cover art by Robin V. Bowser target guy by Nikki McClure cover layout help from Jeff Kleinsmith

Thanks Dougher, Mike Lastra, Ruth at Tumwater Printing, Jeff Kleinsmith, Gary Held, and the artists of Fancy Free-Cynthia, Rachel, Robin. Free to Fight (c)(p) Candy-Ass Records individual artists retain copyrights



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