

Self defense expert says:

Women can put male attackers on defensive

By JANET BAINE
Robert Pelletier is a big, burly former Olympic boxer—not someone you'd expect to be teaching self defence to women.

But the Rockwood man travels across southern Ontario on a crusade to give women the self-confidence and skills they need to fight off an attacker.

"Male instructors find it hard to stand up in front of women and talk about this, when men are the perpetrators," he says. "Women have taught me more about their fears, they've taught me about my whole program. They tell me I'm sensitive to the issues and dedicated."

Twelve years ago some nurses approached Pelletier in Edmonton and asked for his help.

"At that particular time out there, it was very, very bad," he says. Numerous attacks had been made against women all around the city, some near the hospital. Pelletier, then a martial arts instructor, checked around but couldn't find anything specifically for women, so he decided to take on the task himself.

Now he has his own company, Simply Defense, and specializes in this area. He's on what he calls a "seminar circuit", and moves around to different communities offering the four session program. Pelletier will be teaching a course at Ecole de Sacre Coeur next month.

Cheryl Broughton asked Pelletier to teach a course in Georgetown last spring because she wanted her teenage daughter to know what to do in case she was attacked. Mostly mothers and daughters signed up for the course.

"There were lots of good practical tips. Sometimes it's scary to listen to what could happen, but it's better to know. I feel more confident, but you have to be realistic. In 90 per cent of situations, I can do something about it," Broughton says.

"I think he (Pelletier) tries to dispel some of the myths and gives us more facts. Like, attackers are not

great big muscle-bound 6'6" guys. Usually they're not as fierce-looking as you might think. Statistics show it's usually someone you know," Broughton says.

Pelletier says women tend to imagine their attackers as larger than life, which debilitates them. He tries to give them a deeper understanding of the psychological blocks which make it hard to fight back.

"There are inhibitions from Day One. Women are victimized because of socialization. They're not really allowed to show aggression, it's always a man's thing," Pelletier says. "After a while, that has to have an effect."

"Women freeze because they are thinking the worst, instead of thinking about fighting back. They hesitate, and that creates that paralysis, because they're so

scared," he says.

Mental preparation is the key and a good portion of Pelletier's course deal with this. He looks at social barriers which prevent women from reacting and teaches women how to turn the tables on their attacker, by surprising them.

For example, there's a technique he calls submissive resistance. That's when a woman goes along with the attacker, repeatedly asking him not to hurt her, to calm him down.

"He lets his guard down, loosens his grip and then she strikes. But the woman has to see herself as being in control."

Pelletier teaches simple techniques which are "very debilitating". His course is nothing like a martial arts program, which takes years to learn.

"I teach all the things which are illegal in the martial arts. They're very realistic, basic, instinctive techniques. It only takes one of them to survive," he says.

Demand for his courses is always increasing, as more and more women hear about them and take

the news back to their own communities. This keeps him on the road.

"Right now, there is a real big boom, because we see so much of it (violence) today. You can't pick up the newspaper or turn on the TV without seeing violence, and a lot of it is violence against women," he says.

Georgetown District High School is interested in holding a program for girls at lunchtime, but Pelletier hasn't been able to find the time to do it yet, Bill O'Reilly, a guidance counsellor there says.

In five years, Pelletier hopes his program will be a regular part of the curriculum at school boards. Teenagers are the ones who really need his course, because one in three women will be sexually assaulted during her lifetime. Most assaults happen before a woman is 20, Pelletier says.

Pelletier will be teaching his four session course at Ecole de Sacre Coeur starting Oct. 2 and for a \$50 fee. For information, call the Halton Hills Recreation Department at 873-2600.



Week End reporter Janet Baine counteracts an attack by Robert Pelletier, a self defense expert who taught Baine moves to ward off male attackers. Pelletier will be running a self-defense course in Georgetown in October.

Busy Bee's FALL Specials

SERVING THE DO-IT-YOURSELF MARKET SINCE 1976 WITH THE LARGEST VARIETY OF PRODUCTS IN CANADA!

10" TILTING ARBOR TABLE SAW Motor: 1 1/2 h.p., 110 volts MODEL B210R 485⁰⁰ Reg. \$549.95	3 H.P. ELECTRONIC PLUNGE ROUTER VARIABLE SPEED MODEL RE600 359⁹⁵ Reg. \$399.95
10" MEAT CUTTING BANDSAW WITH SLIDING TABLE MODEL B1012 Motor: 1 h.p., 110/220 volts 449⁹⁵ Reg. \$495.00	DUST COLLECTION SYSTEM MODEL B404 Reg. \$495.00 2 h.p., 1 phase, 220 volts 429⁹⁵
15" SCROLL SAW MODEL B715 Motor: 1/2 h.p., 110 volts 125⁰⁰ Reg. \$159.95	4" x 6" BELT/DISC SANDER MODEL B402 Motor: 1/2 h.p., single phase, 100/220 volts 139⁹⁵ Reg. \$185.00
10" MITRE SAW MODEL B1224 Speed: 4100 r.p.m. (under avg. load) 225⁰⁰ Reg. \$265.00	COMBINATION GRINDER MODEL B1297 Motor: 1/2 h.p., 60 Hz, 3450 r.p.m., 1 p. 215⁰⁰ Reg. \$295.00
5 SPEED DRILL PRESS MODEL B032 Motor: 1/2 h.p., 1/2" Chuck 239⁹⁵ Reg. \$295.00	

VISIT OUR LARGE SHOWROOM FOR MANY MORE IN-STORE SPECIALS WE CARRY RYOBI • BLACK & DECKER • DREMEL • EXCALIBUR & ARCO TOOLS

FREUD BISCUIT JOINTER MODEL B1374 • Input - 120V, AC-5A Reg. \$345.00 279⁹⁵	LATHE TURNING CHISEL SET MODEL B316 • 8 piece set • Quality wood lathe chisels Reg. \$35.00 29⁹⁵
WOODBURNING PEN SET MODEL B1035 • 20 watt pen • 3 slip on replacement tips Reg. \$87.50 75⁰⁰	ROUTER PAD FOR ROUTING AND SANDING MODEL B1220 • Holds work secure Reg. \$19.95 14⁹⁵
DRILL BIT SHARPENER MODEL B882S • Regrinds steel bits from 1/8" to 3/8" Reg. \$34.94 27⁹⁵	ILLUMINATED MAGNIFIER MODEL B886 • Ideal for all hobbies Reg. \$62.95 57⁹⁵
CORDLESS NAILER MODEL B1401 Reg. \$159.95 7.2 volt removeable battery & charger • Nails available 145⁰⁰	DOWEL CRAFTER FOR PERFECT DOWELING MODEL B840 • For drilling twin dowel set-ups Reg. \$49.95 37⁹⁵
CORDLESS STAPLER MODEL B1400 Reg. \$155.00 • Charger & battery included • Staples available 139⁹⁵	6" BENCH GRINDER MODEL B952 • Motor: 1/2 h.p., 3450 r.p.m. Reg. \$69.95 65⁰⁰

BUY WITH CONFIDENCE ONE YEAR WARRANTY COME IN AND PICK UP YOUR **FREE** CATALOGUE

Busy Bee Machine Tools

1630 MATHESON BLVD. EAST MISSISSAUGA, ONTARIO L4W 1Y4
 TEL. (416) 238-0766 FAX. (416) 238-9145
 MON.-FRI. 8:30 AM-5:00 PM SATURDAY 8:30 AM-4:00 PM

PRICES F.O.B. OUR WAREHOUSE

PRICES VALID UNTIL SEPT. 30/90 OR WHILE QUANTITIES LAST

GEORGETOWN FOOD MARKET

MOORE PARK PLAZA
 "Pleasure To Serve You"

STORE HOURS: Monday to Friday 8:00 a.m.-9:00 p.m.
 Saturday 8:00 a.m.-6:00 p.m.

WE WILL CLOSE SUNDAY. THESE VALUES ARE EFFECTIVE UNTIL SATURDAY, OCT. 6

WITH THIS COUPON SAVE 50¢ Off The Purchase of One 2kg Bag

WHITE SUGAR 99¢

Special Price With This 50¢ Coupon Special Price Without Coupon \$1.49

Valid Only at Knechtel, Georgetown Saturday, Sept. 29 to Saturday, Oct. 6, 1990

WITH THIS COUPON SAVE 50¢ Off The Purchase of One 2kg Bag

WHITE SUGAR 99¢

Special Price With This 50¢ Coupon Special Price Without Coupon \$1.49

Valid Only at Knechtel, Georgetown Saturday, Sept. 29 to Saturday, Oct. 6, 1990

MEAT THAT DOES MORE THAN COMPETE

BONELESS KNECHTEL HAMS

2⁹⁹ lb. \$6.59 kg

Whole, Half or Salt Reduced

SAVE \$2.00 lb.

SUNSHINE FRESH PRODUCE

WHITE TABLE POTATOES

59¢ 10 lb.

Product of Ontario Canada #1

SAVE \$1.20

FRESH BAKED PUMPKIN PIES

\$1.99 680g

SAVE \$1.30

Values Effective Saturday, Sept. 29 through Saturday, Oct. 6, 1990