

The University of Maine

DigitalCommons@UMaine

---

Social Justice: Diversity, Equity, & Inclusion

Special Collections

---

2-6-1979

## Judo course includes psychology

Peter Phelan

*University of Maine*

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/social\\_justice](https://digitalcommons.library.umaine.edu/social_justice)



Part of the [Feminist, Gender, and Sexuality Studies Commons](#), [Higher Education Commons](#), and the [United States History Commons](#)

---

### Repository Citation

Phelan, Peter, "Judo course includes psychology" (1979). *Social Justice: Diversity, Equity, & Inclusion*. 600. [https://digitalcommons.library.umaine.edu/social\\_justice/600](https://digitalcommons.library.umaine.edu/social_justice/600)

This Article is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Social Justice: Diversity, Equity, & Inclusion by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).

# Judo course includes psychology

by Peter Phelan

A self defense course for women stressing psychology and some judo will be one of several programs offered this semester by the Office of Women's Programs and Services, Ellen Weissman, OWPS coordinator said.

Weissman said the course will stress the psychological element of self defense along with the physical. The course is being co-instructed by Judo brown belt Tom Probert and psychiatrist Dr. Larry Selversen.

"Most of the people who get attacked are women and most of the attackers are men, so the course is oriented but not exclusive to women. . .men get attacked too and there are situations where men can help out," Weissman said.

She said that the self defense course

"will definitely include physical activity and ways to psyche out a situation. . .how not to put yourself in such a situation to begin with." She said that the course would be especially useful for hitchhikers, people who will one day live in a large city, and even those who plan to stay in an increasingly dangerous Maine.

Weissman said that the course should improve muscle tone and discipline and give a better awareness of personal body space. There will be some judo involved—including how to break holds and even poke eyes out if that's what the situation warrants, she said.

Other programs include "Power and Success," Tuesdays at noon in the Bangor Lounge of the Memorial Union; "A Woman's Point of View," Wednesdays at noon in the Coe Lounge of the Memorial Union; workshops on alternate careers; workshops on women and health, support



**Ellen Weissman**

...increasing women's awareness and confidence. [photo by Chris Truslow]

groups, currently being organized and if there is enough interest, Assertiveness Training.

"Power and Success" will begin Feb. 13 with a talk on working one's way up the career ladder. Weissman said that women will be told ways to break through the power structure. Weissman said women's fear of success will be discussed because a major reason for the power and success series is to help women overcome sexual stereotypes.

Weissman said the Assertiveness Training program will be important in increasing women's awareness and confidence, which she said is presently low in this community. She said it will help women combat verbal abuse, social rape (being coerced into sex) and sexual harassment.

Weissman said that some women have been sexually harassed by professors. "I'd like to hear from women if this is occurring," she said. "If it is, we need to put a stop to it."

The self defense course will be held Sundays from 7-8 p.m. in the Wrestling Room of the Memorial Gym, and will cost six dollars. There will also be a judo class there from 8-10 p.m. for an additional \$12.