

Teaching Women to Protect Themselves

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SAVANNAH, Ga.—Law enforcement will tell you that crooks are always looking for opportunities to commit a crime, including looking for people who are vulnerable. One Pooler martial arts school is helping women learn how to protect themselves, free of charge.

Rob Ludgate with Elite Martial Arts Academy believes women should learn self-defense in case they're confronted.

"They want to rob somebody. They want to try to take advantage of people that they consider weak, and I don't think they realize the impact they have on that person's life when they attack someone," said Ludgate.

That's why he's started a free women's self-defense class. It's being offered in conjunction with the Guardian Angels of Savannah.

"We're trying to take away every excuse that women have for not taking a self defense class. I've been told by women that you know they'd love to do self-defense but they can't afford it. We're taking that excuse away."

Some of the students were surprised the course was being offered for free, but they're thankful for the opportunity.

"Make me more confident. I don't really have a big problem with crowds. sometimes I do because I'm so short but at least that way I'd be able to maneuver more comfortably," said Stephanie Nesmith.

"I was actually really nervous until I spoke with the owner, the person who's going to be doing the class. he made me feel real comfortable with it. he made me feel this was something I should get into," said Amanda Salisbury.

"Every woman out there is somebody's mother, somebody's sister, somebody's daughter and they have a right to be safe," said Ludgate.

The four to six week women's self defense class meets on Tuesday evenings at Elite Martial Arts Academy on West Highway 80 in Pooler. If you want to sign up, call 912-484-3007.