

# **Michael Munyon's Annual Women's Self Defense workshop Offutt Air Force Base, NE**

9 April 2010

## **Initial E-mail to participants:**

Greetings,

I just wanted to say thanks for attending the 9 April Women's Self Defense workshop. Everyone did a great job. I will be hosting another one on 23 April, which is on another Friday. Same time and same location. If you wish to attend that one and polish up some of your newly obtained skills, please feel free to attend. Don't forget to sign up the same way you did initially.

If you have a moment, I'd love to ask a few questions and get some feedback from everyone. This will allow me to better the workshop during future classes. If you have other comments/suggestions/feedback, please add them as you see fit.

1. Did you learn some new techniques that you feel comfortable utilizing if someone attempted to assault you?
2. Was the material easy to learn?
3. What was your favorite part of the workshop?
4. Do you feel the instructors were knowledgeable?
5. Would you recommend this workshop to your friends?
6. How would you rate this workshop between 1-10 (10 being AWESOME)?

Thanks again and I hope to hear from you all soon.

v/r

TSgt Michael Munyon  
55 SFS/Elite Guard Operations  
Offutt AFB NE  
(402) 294-2767

## **Responses:**

TSgt Munyon -

Had a fantastic time at the workshop.

Feedback:

1. Absolutely.
2. Yes - easy and fun. Partnering up let us observe, critique, teach, learn, all at once - very effective for retaining the skills.
3. Tie between the 'throws' (wrist locks and tripping stuff) and board breaking, probably, but I loved it all.
4. No question, yes.

5. Yes. Already have!
6. 10!

I didn't match names to faces - were you in the white or the black?

V/R,  
Erica Tesla  
USSTRATCOM/J851

Hey! I have some feedback for you!

1. Comfortable, yes....remember all the moves, not a chance. I'll probably just end up hitting them and kicking until I get away. But I will be very comfortable doing that. :) 2. Mostly. We moved very quickly through the class.
3. the Alley part!
4. Yes, very much so.
5. Definitely!
6. 10!

Thanks!

SrA Zulueta

Amber Zulueta, SrA, USAF  
All-Source Analyst  
USSTRATCOM JFCC-GS J24  
Offutt AFB, NE

Hi Sharon, That was a great class. I thought that it would barely be held for 3 hours, but it was action-packed and even enjoyable for a serious subject. Was a great springboard for the entire topic with my oldest, who will soon be 15, to go into more depth into many areas with her, even included things I've learned from you when you have given SAPR training. We home school our kids so we are always looking for extras that kids in regular school probably get some other way.

Please pass on to the gentlemen that they ran it very well and we are practicing our moves, oh, and the 40-something-yr-old mom was sore for a few days. And I work out, run, swim, at least 3 times a week! We are going to try to come back on the 23rd. It is OK with us if much is repeated for the others, practice makes perfect.

I see the email now from TSgt Munyon, so I will reply to him to tell him/them what I thought. Thanks again.

V/r,

//SIGNED//

LOUISE L SPIERING, DAFC  
Chief, Configuration Mgt (CM)

Hello Michael. Thank you for giving us the opportunity to give you our candid feed back.

1. Did you learn some new techniques that you feel comfortable utilizing if someone attempted to assault you? Yes and no.
  - a. Yes - Your techniques are definitely usable and easy to understand. I believe that if I were attacked, my initial instinct would be to freeze, I'd have a "Winnie the Poo" brain (think think think think think), the simple techniques would come to mind and then I could react - perhaps slowly, but I would know some techniques to get me out of the situation.
  - b. No - My "no" refers to the gun portion of your class. I think this should be introduced at a more advanced class. As a novice who detests aggressiveness at the onset (I have a hard time raising my voice), if someone were to hold a gun on me, there is no way my brain would say "look, shift, grab gun, elbow to the head, foot to the A frame, gun to the face and head and keep assaulting until he/she is out!!!! Thank goodness I've never been in that type situation.
2. Was the material easy to learn? Absolutely, you and your partner were excellent in explaining the "how to" and the "why".
3. What was your favorite part of the workshop? Perhaps it's better to state my least favorite. When you mentioned the "alley" to practice what we learned. I understand your reasoning for this, but I was very uncomfortable knowing this was in the plan. Although, I had another appointment at 4:30 and couldn't stay for this portion of the class, I would have made up an excuse to not participate in that section. If it's part of the class - don't mention it up front and then only offer the opportunity - right before it happens. I had to much time to think about it and "tests" make me panic. No matter how you approach it, it's a test of newly learned and insecure self-defense technique.
4. Do you feel the instructors were knowledgeable? Definitely, you both were very open - it was obvious that you know self-defense techniques and more importantly - you both know how to instruct others so that they do not feel uncomfortable in any way.
5. Would you recommend this workshop to your friends? Yes
6. How would you rate this workshop between 1-10 (10 being AWESOME)? I can give you a 10. Offering your time, talent, and experience was most appreciated.

Deborah Wilkinson  
Defense Intelligence Agency  
Administrative Management Specialist

Yeah. You and Aaron did an awesome job. I'm so very pleased! Honestly. You really made it fun and friendly and really pulled them out of their shells. Thank you a ton!!!  
:P

Mrs. Sharon Ingram  
Sexual Assault Response Service Coordinator

1. Did you learn some new techniques that you feel comfortable utilizing if someone attempted to assault you? Absolutely
2. Was the material easy to learn? I think that you guys did an awesome job teaching, I just think that folks like myself tend to over think things sometime.

3. What was your favorite part of the workshop? There were so many...I'd have to generalize and say my favorite part was the hands on physical parts. I was expecting academics the first part then hands on the second...nope all hands on from the get go.

4. Do you feel the instructors were knowledgeable? Yes.

5. Would you recommend this workshop to your friends? Absolutely.

6. How would you rate this workshop between 1-10 (10 being AWESOME)? I'd rate it a 10...even though I was a little sore over the weekend it was worth it.

V/R

//SIGNED//

Pauline L. Hunter, TSGT, USAF  
NCOIC, CENTCOM Targeting Branch  
Alter. Special Security Representative  
JFCC-GS J24

1. Did you learn some new techniques that you feel comfortable utilizing if someone attempted to assault you? YES

2. Was the material easy to learn? YES

3. What was your favorite part of the workshop? Watching the instructors and then practicing the moves.

4. Do you feel the instructors were knowledgeable? YES

5. Would you recommend this workshop to your friends? YES, now they are interested in going to a class.

6. How would you rate this workshop between 1-10 (10 being AWESOME)? 10  
AWESOME

I really loved it! I wish I could make it on the 23rd, but I don't think I can get the afternoon off. I will definitely go if you have the class again next year. Thanks for doing putting this together and for your time and effort. I found it fun and useful.

Thanks,

Bona Schmitt  
ITCC VIP Support  
Stratcom/J636/Suite 2B10

1. Did you learn some new techniques that you feel comfortable utilizing if someone attempted to assault you?

Yes.

2. Was the material easy to learn?

Yes. However, I believe with a smaller group everyone would have had longer to practice/apply. Felt rushed at times.

Could have used some reminder handouts/lists to refresh and practice with

later.

3. What was your favorite part of the workshop?  
The fun/relaxed atmosphere. Hands on.

4. Do you feel the instructors were knowledgeable?  
Yes. Very much so.

5. Would you recommend this workshop to your friends?  
Yes.

6. How would you rate this workshop between 1-10 (10 being AWESOME)?  
9.

Thank you.

R,  
MSgt Fisher  
Eileen M. Fisher, MSgt, USAF (almost retired)

TSgt Munyon,  
Thank you for all your hard work.

1. Did you learn some new techniques that you feel comfortable utilizing if someone attempted to assault you?  
Yes, definitely. I can see how taking a class like this every so often would help you remember what to do. I know when I had to remain CPR certified in a previous job, we had to take the class once a year. It's kind of the same deal: you hopefully won't need to use what you have learned, so you will probably forget it.

2. Was the material easy to learn?  
Some of it was difficult.

3. What was your favorite part of the workshop?  
You were very good with us ladies. You were interesting, funny, and made us feel confident and capable.

4. Do you feel the instructors were knowledgeable?  
Definitely!

5. Would you recommend this workshop to your friends?  
I absolutely would.

6. How would you rate this workshop between 1-10 (10 being AWESOME)?  
I give it a 9.  
A couple of suggestions: maybe have everyone trade partners at some point in case you get a dud ;) Also, it might be helpful to get to practice on one of the instructors during the class.

Thanks again,  
Heather Pickrell

TSgt Munyon--

Two of the women in my organization also attended your workshop and really liked it.

Hogan's Alley was a great addition--I think it should be part of every self defense workshop.

Breaking the boards was OK but because of the time constraint I think the time would be better used working on the techniques you taught us or learning additional techniques. I'd like to learn how to deal with weapons too.

I think your course should be a mandatory annual training requirement for all personnel (at least military and civilians, contractors too if they can) stationed at Offutt as part of force protection. Know that would be a huge investment but I think it's worth the investment. The test I never want to take but the one I have to pass the first time is the test in the real world.

Who taught the class with you? I'd like to thank him too.

Linda  
v/r,  
LINDA G. SHEPARD, DAFC  
Chief, ISPAN Configuration Management  
850 ELSG/NQE

Yes, I will. I know there were more there, though. Michael, thank you so much! You and Aaron were awesome AGAIN! What a blast. I need to find a class close to home so I can continue this. I really did enjoy it.

Sharon

I had a great time and I feel like I am better prepared to defend myself. I would appreciate it if you could let me know when you will have another class.

Sincerely  
Maricel Nesbitt

TSgt Munyon,  
I have taken several self-defense classes and learned different things each time; however, the one on Friday was the best that I have ever been at - I believe that the addition of the "practical exam" made a huge difference, it was really creepy. I have two younger sisters who live in the area and I would love to be able to have them take one of your WSD workshops when you next have one. In fact I would recommend it to every woman I know! Please if you have another WSD workshop let me know- I will energetically promote it in and out of my squadron! Thank you very much and please thank MSgt Weed for me as well.

Very Respectfully,

Enjolee N. Hill, SrA, USAF  
20th Intelligence Squadron  
INT Flight

TSgt Munyon--

I am definitely interested in attending another women's self defense workshop.

If you're still willing to teach a women's self defense workshop on a Saturday, please let me know which Saturdays work best for you. I know some people who would like to attend but can't make it on a weekday.

Linda  
v/r,  
LINDA G. SHEPARD, DAFC  
Chief, ISPAN Configuration Management  
850 ELSG/NQE

Thank you for teaching the class. I would take another class if you all offered it. Thank you and have a great day!  
Jennifer Hewett.

TSgt Munyon,

My neck is still sore from my daughter almost choking me to death! Haha...just kidding. We had a great time and learned a lot. Thank you so much for all the techniques you taught us, I hope to never have to use them.

Have a wonderful day!

Dorothy