 1TOUCH PROJECT

**Program Information**

**Mission Statement**

1Touch Project is a 501(c)(3) organization that provides ongoing self-development and rehabilitation courses through adapted self-defense training specifically for people who are blind/VI and members of society requiring physically adaptive activities.

**What is the 1Touch?**

1Touch Project is the first comprehensive self-defense program designed specifically for people who are blind/VI and those people legally viewed as vulnerable members of society. The program teaches hands-on self-defense techniques for dealing with assaults, aggressive behavior, and bullying. 1Touch focuses on real life situations with practical applications. 1Touch explores participants’ hidden assumptions regarding their own disability by investigating their personal perceptions of their blindness, as well as the insecurities built upon that perception.

**Who will benefit from 1Touch?**

The self-defense systems are fully accessible to all and are designed for practicality. There are no age restrictions or physical strength requirements, and no prior experience in martial arts is necessary to participate. The class curriculum is adapted to the appropriate audiences. Everyone is welcome to participate, including:

* People with Mobility Impairments
* People with Multiple Disabilities
* People who are Deaf/Blind
* People who are Blind/VI
* Children / Seniors
* Professionals
* Veterans

**Benefits of 1Touch**

Participants will gain the below benefits from 1Touch:

* Greater Health Physically and Psychologically
* Willingness to Travel Independently
* Increased Independence
* Self-Confidence
* Adjustment to Vision Loss
* Communication Skills
* Enthusiasm / Self-Worth
* Spatial Orientation
* Tactile Sensitivity
* Social Interaction
* Safety

**Training Options**

Ongoing classes, presentations, workshops, consulting, Coaching Certification Courses, Mobility Impaired Coaching Certification Courses, and a coach’s conference are provided by 1Touch. 1Touch is a professional “train the trainers” program designed for distribution. By creating qualified 1Touch coaches through the Coaching Certification Courses and providing information and support afterward, 1Touch maintains a realistic, sustainable infrastructure and the possibility to reach people with disabilities in all geographical locations.

**Introductory Workshops**

Workshops provide basic education on personal safety while travelling in addition to exploring physical techniques. Workshops also serve as an excellent forum for questions and answers and the legalities of self-defense and personal rights.

All workshops are hands-on, and participants engage in everything from learning basic releases from non-threatening situations to handling the most severe assaults. This is achieved by practicing physical drills for muscle memory. Participants interact with their classmates, engaging in drills of coordination and physical exercises such as limbering techniques, flexing the joints, and using as much of their body for movement as possible. Drills range from practicing footwork in order to achieve safe distance to delivering appropriate techniques, having contact with a training partner to facilitate striking, and a series of combinations that enable the practitioner to gain control of his or her training partner. These include releases from grips and appropriate retaliatory techniques such as joint-locking and immobilization techniques. These drills develop spatial awareness, proprioception, tactile sensitivity, and a working knowledge of anatomy. Training involves an examination of those techniques most appropriate for a conflict situation.

In addition to the physically adapted techniques, the 1Touch emphasizes a unique teaching pedagogy with an emphasis on audio description. This aspect of working with people who are blind/VI is frequently omitted from mainstream classes and is integral to the 1Touch Project ethos of inclusion. This approach of combining audio description with self-defense techniques, as well as forensically studying the nature and means of assaults on those people who are viewed as vulnerable members of society is the trademark of the 1Touch.

**Coaching Certification Courses**

The Coaching Certification Course enables others to teach the 1Touch syllabus in their constituency. This course is presented in the form of seminar training, which includes the minimum hourly requirement and final exam. Once the participants have successfully shown competency, they are certified through the 1Touch Project to operate 1Touch self-defense in their constituency. Those coaches who do not already work with children under the age of 18 in their current employment will have additional requirements including reading, understanding and complying to the Children Safety Protection Handbook and completing an online SafeSport training course.

**Course Topics**

* Competence of Self-Defense Curriculum and core material/pedagogy
* Practical Self-Defense Techniques
* The Legalities of Self-Defense
* Posture and Presentation
* Communication Skills
* Personal Awareness
* Stress Management
* Stages of Threat
* Presentation
* Travel Safety
* Disability Awareness/Sensitivity Training (Blindness Basics Course - The Hadley School for the Blind, and working under sleep shades, if applicable)

**Training Fee**

The total cost to become a certified 1Touch™ coach is $600, with 50% due upon registration. The fee includes:

* 3 days of intensive training
* Audio-descriptive DVD
* Instructor’s manual / sample curriculum
* Optional 3-month review
* 6-month final exam
* Support /network
* 19.5 ACVREP CE hours available upon request

After completion of the Coaching Certification Course, 1Touch coaches are on a six-month probationary 1Touch Project coaching status. At the end of this six-month period, a final examination is given. The final exam includes:

1. Written exam covering instructor’s materials

2. Exam covering core physical curriculum

3. Exam covering application of techniques

After successful completion of the probationary period and final exam, coaches are successfully certified through the 1Touch Project.

**Coaches’ Minimum Requirements**

* Engage and teach in the disabled community
* Maintain basic physical stamina to undergo the 3-day intensive training
* Support fellow students and teachers through sharing
* Conduct seminars that lead and promote classes (if appropriate)
* Participate in forum discussion and open Q and A sessions
* Agree to the 6-month probationary coaching status agreement
* Read, understand, and agree to the 1Touch Project Coaching Contract
* Agree to the $150 yearly licensing fee (which is prorated after a successful six-month exam)
* Be willing to integrate practice and teaching into their lives, personally and professionally

**Mobility Impaired Users Module:**

An optional 8 hour day of training can be added onto the Coaching Certification Course to become certified to teach the 1Touch mobility impaired curriculum for an additional $250 per person

**Testimonials**

“I recently had the privilege and joy of participating in a 1Touch coaching certification course. Twelve Lighthouse staff and community members took part in a three day training which just blew my mind. We covered so much material and had so much fun doing it. Although we left completely exhausted each night, we left knowing so much information, from how to distance oneself from an unwanted touch to how to file a witness report. At the conclusion of the three day seminar, we all walked away more confident, alert and ready to give back to the blindness community in the most meaningful and best way possible ... as certified 1Touch coaches. If you are considering taking a workshop to feel more safe and confident out in the world, or if you are considering becoming a coach, don't hesitate! Just do it. This is one of the best things you can possibly do for yourself and for your community. Lisamaria Martinez – Director of Community Service – San Francisco Lighthouse

“I found the session extremely informative, interesting, and helpful. I have to tell you, as a two-time sexual assault survivor, I was initially very hesitant to engage, and some of the conversation was really difficult for me, but I walked away feeling empowered. I would love to continue learning about the one touch program if possible. Thank you so much for making this available to us. I know it was really touching (pun intended) for me to learn that there is a project aware of the unique physical challenges/threats that potentially face blind women. I also wanted to note that, although I find this kind of thing pretty triggering in general, I found the 1Touch approach comfortable and mostly easy to follow. Thank you so so much.” – Anonymous

“1Touch™ is a methodical and instructive way to teach individuals with visual impairments self-defense skills. Through 1Touch™, they gain safety skills, confidence, and independent movement in the community without fear.”

-- Lauren J. Lieberman, Ph.D.

“It relayed to us what is an important missing piece of most blind rehab programs. This serves as a natural addition to orientation and mobility training, as nobody is going to become a seasoned traveler if their fear of being attacked prevents them from leaving their home.” -- Liam Whitney, Long Beach Veterans Blind Rehabilitation Center

**Organizations Using 1Touch**

* Seattle Lighthouse for the Blind
* Louisiana Association for the Blind
* Washington State Department of Services for the Blind
* Nebraska Commission for the Blind
* Colorado Division of Vocational Rehabilitation (CODVR)
* Texas School for the Blind
* North Carolina Division of Services for the Blind
* New Jersey Blind Citizens Association
* Winston-Salem Industries for the Blind
* Iowa Educational Services for the Blind and Visually Impaired
* Long Beach Veterans Administration Blind Rehabilitation
* Georgia Academy for the Blind
* Walton Options for Independent Living
* Second Sense –Chicago, IL
* Tennessee Association of Blind Athletes
* Bluegrass Council of the Blind
* Cincinnati Association for the Blind and Visually Impaired
* San Francisco Lighthouse
* Community Center for the Blind – Stockton, CA

For further assistance please contact us at

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[**www.1touchproject.com**](http://www.1touchproject.com)