

# Safety Education Empowering Defense

## What is SEED?

SEED helps people with vision and mobility issues be more independent and confident whatever their environment. **It is a holistic approach to safety and self-defense designed BY blind and visually impaired individuals FOR the blind and visually impaired.**

This unique program is also useful for other members of the disabled community, as well as children, the elderly, or any other vulnerable segment of the population. The instructors behind the program have worked with the disabled community for decades, and most are disabled themselves. We understand first-hand the value of feeling confident in your environment and your ability to move independently within it.

## A Holistic Approach

Unlike many self-defense programs that focus only on physical reactions to violent attacks, SEED looks at safety and security from a holistic approach. We teach not only defense moves but also safety and security information. This information is used to empower the defensive moves to make them more effective. Thus the name, Safety Education Empowering Defense.

**Four elements make up the SEED program.** Each element contains information and concepts that empower an individual's safety. Training and education in all four elements provide a balanced approach to personal safety.

- **The first element is AIR.** This contains information that builds personal knowledge about safety. This is mostly head knowledge and includes information on safety terminology, situational awareness, signs of aggressive behavior, and personal safety tips and tricks for in the world and at home.
- **The second element is WATER.** The information in this element has the potential to stir up emotional responses. It can therefore take a little more time and discussion to best understand these topics. This element includes mental health, communicating effectively with empowering words, and information on reporting incidents.
- **The third element is EARTH.** This element provides the foundational concepts needed to improve one's safety in the world and to better enable people to use the self-defense techniques if they become necessary. This element includes balance, posture, and footwork drills as well as warmup and cool-down exercises since regular physical activity is so important to overall health. This element also includes our Personal Internal Assessment tool.
- **The final element is FIRE.** This is our hands-on self-defense curriculum. Once mastered, the techniques taught in this element enable anyone - no matter their strength level or visual ability - to defend themselves from the most common altercations that blind and visually-impaired people experience. The program begins with basic techniques, with more advanced techniques available after they have been mastered.

## SEED Philosophy

Safety and security are much more than just taking a self-defense course or class. We understand that a person can learn what we teach in a class... However, it takes ongoing training and practice to make it a part of your life. This is why we use a 3-point approach at SEED, seeking to develop the mind, body, and spirit.

1. **BODY:** SEED is known for its hands-on self-defense training. Techniques from the EARTH and FIRE elements can be practiced consistently to improve one's overall health and safety.
2. **MIND:** We recognize that knowledge is crucial to safety. In a world that is ever-changing and growing, new safety concerns are popping up all the time. We encourage students to take advantage of the information in our ever-expanding Safety Education Courses.
3. **SPIRIT:** This is what binds the whole thing together. Here at SEED, we understand that hands-on techniques and safety strategies mean nothing if you're not empowered to use them when you need them. As plants need water to grow, people need a culture of empowerment to develop the mindset to live life with confidence.

## Instructor Information

Nathan Green is a 3rd-degree black belt in American Freestyle Karate with several years of experience teaching martial arts. He is also visually impaired and lives with vertigo and chronic pain. He is familiar with the challenges that those with disabilities face when learning traditional martial arts. His top

priority is to empower people to keep themselves safe no matter what their circumstances.

## **More Information**

Further information about SEED and our parent organization STRIVE4You can be found at [strive4you.org](http://strive4you.org)

If you would like information about scheduling a class or workshop you can contact Nathan directly at [ngreenseed@gmail.com](mailto:ngreenseed@gmail.com) or 540-817-9795,