



Mommy & Me Self Defense brings women's self defense into the modern age

Los Angeles, CA— January 24, 2012—Devi Protective Offense has created the first ever Mommy & Me Self Defense CD for busy Mom's, which replaces archaic and dangerous myths about kicking and punching with new concepts that take pregnancy, infants and strollers into account. Founder, Teja VanWicklen, a 25-year veteran martial artist, edged weapons instructor, EMT, Personal Trainer and mom of a toddler, asks, "Are you really going to kick and punch with a baby in one arm?"

VanWicklen plans to change the way women think about self-defense by rebranding it as "life skills" while teaching them to protect their families from violent people and other dangers. She hopes the passive term self defense will some day be replaced by the stronger Protective Offense; she says, "Protective Offense is offense for the purpose of self defense. It's the study of dealing with adversity, of high speed problem solving and projecting and reaching goals... it's about dynamic rather than passive living."

VanWicklen ends the Mommy & Me CD with a chapter called **"Play Time" which includes 10 Protective Offense games and concepts:**

- **Velcro** – teach your child to hold on to you as long as he or she can, so you can lose the stroller and have both hands free....
- **Obstacle Tag**- Create an obstacle course in the back yard or school gym. Once kids have mastered it, have them chase each other. Running away when you're scared and there are things in your way is tough! Tell kids it's about running safely, but also to safety.
- **Shielding** - Use your purse or diaper bag to protect your child. Get something between your baby and your assailant, fast. A folded newspaper tucked into your carrier could make all the difference....



Devi training options include the Mommy & Me CD, called Baby Steps – The 1st 5 Rules of Protective Offense (which can be downloaded as an MP3 on iTunes), the Devi-Women DVD, a newsletter, lectures and workshops.

Is it really possible to learn self defense by CD or DVD? Van Wicklen answers, "So long as the goal isn't to become a lethal warrior, but to become an unacceptable target and the master of your own life."

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