# Introduction

Institutions of higher education are often regarded as protected environments where faculty and students exchange ideas in a collegial atmosphere.

Consequently, incidents of violence on campus are particularly shocking and often evoke concerns about the safety of all individuals. Universities are not free from violence and such incidents include physical or sexual assault, stalking, and rioting.

In addition, healthcare workers suffer from more workplace violence than any other professional except law enforcement and security personnel.<sup>1</sup>

# **Objective**

To address concerns, Wegmans School of Pharmacy implemented a self-defense workshop for faculty, staff, and students.

The objective of the workshop is to providé participants essential self-defense skills related to:

- Situational awareness
- Identifying threatening situations
- Learning physical and verbal techniques
- Developing decision-making skills

# Table 1. Common Jiu-Jitsu Techniques Shared with Participants at the Workshop

Combat B Trap and Super Slap Punch Det Guard Ge Hair Grab



WEGMANS SCHOOL OF PHARMACY

## **Empowering Pharmacy Faculty, Staff,** and Students **Using Self-Defense Workshop**

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Standard Wrist Releases
Front Choke Defenses
Rear Attack Defenses
Punch Block Series
Guard Chokes
Elbow and Shrimp Escape

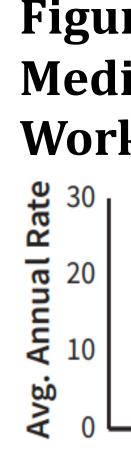
Kumari A et al. Interventions for workplace violence against health-care professionals: A systematic review. Work 2022; 73: 415-427

Harrell E et al. Bureau of Justice Statistics, Bureau of Labor Statistics, National Institute for Occupational Safety and Health. Indicators of workplace violence, 2019. [cited 2024 June 10]. https://bjs.ojp.gov/library/publications/indicators-workplace-violence-2019

Self-defense classes are led by a Gracie University Certified Instructor. A total of 20 core techniques of Brazilian Jiu-Jitsu are introduced from the Gracie Combatives<sup>®</sup> and Women Empowered<sup>®</sup> programs in a fun, safe, and cooperative environment.







### **Self-Defense Workshop**

## **Figure 1. Images from the Workshop**

## **Figure 2. Average Annual Rate of Nonfatal Medical Workplace Violence per 1,000** Workers, 2015 - 2019<sup>2</sup>

