



City of Griffin, GA Police Department

Announcements

Just Yell Fire: Rape, Abduction Avoidance, and Self-Defense Training for Females Now Offered by Griffin Police Department

May 17, 2010

“Just Yell Fire” is a training program in abduction and rape avoidance that teaches evasive techniques tailored to women and teenage girls. It emphasizes simple, effective, and instinctive getaway strategies using biting, gouging, kicking, and open-handed techniques specifically designed for use by women and young girls attacked by adult males. The program is utilized by police departments, high schools, middle schools, community colleges, women’s shelters, church groups, and other women’s groups in 44 countries throughout the world as a simple, cost-effective method of training young women in abduction and rape avoidance getaway techniques.

The City of Griffin Police

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Department now offers the Just Yell Fire training program for a nominal fee per student as a community service to residents of Griffin and surrounding communities. The course will be taught by certified instructors. Classes will be conducted at the City of Griffin Police Department

located at 868 West Poplar Street and may be taught at other appropriate locations by prior arrangement. The course takes approximately two and a half hours to complete and is evenly divided between video presentation and hands-on instruction by qualified police officers. The cost is \$20.00 per student for groups of 10. ■