

## Lessons in Self-Defense

**T**hree-dozen Sequim young women learned about techniques to stay safe at a Women in Networks event at the Sequim Boys & Girls Club on Feb. 27.

Sgt. Sean Madison and Officer Darrell Nelson, of the Sequim Police Department, talked to the WIN members about good self-defense techniques. The students then watched a video called "Just Yell Fire," an instructional film demonstrating 10 street fighting techniques to use to get away from attack and date rape situations (see [justyellfire.com](http://justyellfire.com)), before they put some of those self-defense techniques into action. ■



Sgt. Sean Madison of the Sequim Police Department talks to young women about staying safe at a Women in Networks event on Feb. 27. Photos by Kathy Purcell