



BMAA

Bashaw's Martial

Arts Academy

<http://bmaa.yolasite.com/>



KHY or Kosho Hoho Yooga Kempo (Old Pine Tree Method of Unity and Self-discipline) is a sohei or warrior monk based martial art based on the concepts of Natural Law. Utilizing tai chi forms as its basis and a Buddhist based philosophy this unique martial art visits the escaping, controlling and destructive arts. Students also explore philosophy, healing arts, energy-work, and shamanic spirituality as part of its program. Uniforms, sparring equipment, and weapons not included in tuition.

Location: Nia NH and Yoga, 76 Route 101A Amherst, NH 03031 (603) 562-7525 www.nianhandyoga.com

When: Sunday's 6-730pm

Starting January 2, 2011

Violence Facts

- The National College Women Sexual Victimization Study estimated that between 1 in 4 and 1 in 5 college women experience completed or attempted rape during their college years (*Fisher 2000*).
- Females ages 12 to 24 are at the greatest risk for experiencing a rape or sexual assault (*DOJ 2001*).
- Somewhere in America a woman is battered, usually by her intimate partner, every 15 seconds. (*UN Study On The Stat*)

- A study reported in the New York Times suggests that one in five adolescent girls become the victims of physical or sexual violence, or both, in a dating relationship. (*New York Times, 8/01/01*)
- It is estimated that 166,131 (33.4%) women in New Hampshire have experienced physical assault by an intimate partner. That number is greater than the population of Manchester and Concord combined by almost 14,000.
- 40% of teenage girls, ages 14 to 17, say they know someone their age who has been hit or beaten by a boyfriend.

Don't become a victim!