



WOMEN'S SELF-DEFENSE WORKSHOP

Post-Workshop Evaluation

June 15, 2019



On a scale of 1-10, how would you rate this workshop? 10

How likely are you to recommend this workshop to a friend or family member? (circle one)

Very Unlikely

Unlikely

Neutral

Likely

Very Likely

What did you like best about this workshop?

Good to have people like Jeannette in the room -
doing each exercise - someone who is really
trying to fight you was great -
hands on practice - good pre-instruction

Great feedback
throughout when needed.

What did you like least about this workshop?

Great to switch partners a lot
and get to know people more.
Overall Great instruction!

What could be improved in this workshop?

I think it'd be better if
every one had to go at the end
even if they got to choose the full
experience or an easy experience.



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What did you like best about this workshop?

Instructors are kind. They work through the steps w/ you
one on one. I love the pressure fighting @ the end.

What did you like least about this workshop?

not long enough! :-)

good way to put skills to
use.

What could be improved in this workshop?

I really have no criticisms!



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What did you like best about this workshop?

The simulated attack at the end!

What did you like least about this workshop?

N/A

What could be improved in this workshop?

N/A



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What did you like best about this workshop?

the instructors are welcoming, understanding, helpful, + bad ass!

What did you like least about this workshop?

the videos -> good to set tone + see real life examples but they were hard to

What could be improved in this workshop?

see as far as what was going on (blurry)
offer a part two to help build muscle memory



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What did you like best about this workshop?

The end- the 1 on 1

What did you like least about this workshop?

What could be improved in this workshop?

"Attacker" needs a full helmet



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What did you like best about this workshop?

live experience

What did you like least about this workshop?

What could be improved in this workshop?

maybe a bit longer practice on techniques - some on intro? It wasn't bad at all.

Thank you!!



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What did you like best about this workshop?

first activity - good to experience firsthand

What did you like least about this workshop?

not enough helpers per person to critique technique

What could be improved in this workshop?

more practice with larger/~~per~~ stranger people (men)



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What did you like best about this workshop?

The group participation

What did you like least about this workshop?

What could be improved in this workshop?

At some points I saw pairs where not both women got to do the technique. Additional instruction could help



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On a scale of 1-10, how would you rate this workshop? 9

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Very Unlikely

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What did you like best about this workshop?

The simulated fight/attack

What did you like least about this workshop?

What could be improved in this workshop?

more instructors to act as dummies



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On a scale of 1-10, how would you rate this workshop? 9

How likely are you to recommend this workshop to a friend or family member? (circle one)

Very Unlikely

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Neutral

Likely

Very Likely

What did you like best about this workshop?

The advise about using your voice.
Very underutilized tool. Also, the groin shots "

What did you like least about this workshop?

Loved this workshop but would like to see some
female instructors/ demonstrators.

What could be improved in this workshop?

More specific info about footwear in registration email.



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What did you like best about this workshop?

*practical practice + practical application
I was made uncomfortable which is good*

What did you like least about this workshop?

What could be improved in this workshop?



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What did you like best about this workshop?

The instructors were great / the techniques

What did you like least about this workshop?

The filming ~~was~~ at the end was a little weird

What could be improved in this workshop?



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What did you like best about this workshop?

Physical moves & * the practice simulation at the end

What did you like least about this workshop?

Long Intro

What could be improved in this workshop?

A Handout w/ moves we learned



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What did you like best about this workshop?

Real life scenario

What did you like least about this workshop?

Beginning was slow

What could be improved in this workshop?

less sitting time. The video sums up a lot & made bigger impact.



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What did you like best about this workshop?

One on one training

What did you like least about this workshop?

—

What could be improved in this workshop?

more time for one on one training



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What did you like best about this workshop?

Hands on

What did you like least about this workshop?

super tiring

What could be improved in this workshop?

bigger space with more a/c