

Oklahoma Personal Defense

Empowering Women to Protect Themselves

Comments from Students

The below comments are from the evaluation form students fill out after class.

Girls Day Out

What did you learn that you didn't know before?

How to hold the gun, rack the gun easier, use and see the UpLULA, holsters and other uses for concealment.

Stance and grip were helpful info; almost everything was new info for me.

I don't really know much about guns in the first place, so I learned a lot today.

How to pick a gun that fits my personality and hand.

Proper grip, stance, and special technique for racking the slide. I also really appreciate the domestic violence advocate (special speaker). Very valuable information.

Love the rack method! Better grip, lots more.

Several things: the UpLULA, how to properly pick up and grip a gun, proper stance, how to easily rack the slide with the push method.

I learned to hold my gun more accurately and stance.

Everything.

How to hold and grasp a gun, how to choose the best gun for me. (Pretty much everything!)

Stance, grip, .22 caliber not safe to protect self, how to rack slide by wrapping hand across the top, always trust yourself and not another about gun being loaded, how to carry a gun.

Pretty much everything from proper stance and holding a gun to ways of carrying. I really enjoyed the class and look forward to taking more.

How to hold a gun correctly and safety.

Proper handling.

The ability to carry a concealed gun in different ways. I also learned about the push method of racking the slide.

What did you like the most about the class?

Individual instruction and interaction with other students.

Being able to ask questions with only females present.

Hands on learning, and women only atmosphere.

Learning about how to handle guns.

All of it.

The tips in the handout! But all of the info was great!

Hands on activities.

Everything!

Very comfortable and relaxed atmosphere.

All girls, no know it all boys!

Good learning environment – comfortable to be taught by a woman.

The teacher was real good. I learned a lot how to handle situations. Everyone was real nice.

The material covered was relevant to the subject. It wasn't a monotone speaker and a slideshow and handout of what's on the screen. It was fun and informative. I will definitely be referring other women, including my mom and sister.

Women only.

The fact that the info was directly aimed at women – their strength and size, etc.

I really enjoyed this class. It was insightful and funny. I feel more relaxed about being a woman with a gun.

I liked the all girls atmosphere. We were all very comfortable with one another.

Knowledgeable, entertaining, easy to ask questions, encouraging.

I appreciate a class taught by a woman for women, and found the material relevant and beneficial.

The instructor was personable and entertaining. She emphasized the importance of safety and instructed us in the basics.

I felt free to discuss anything and everything.

The informative way all areas were covered and with humor to keep it from being dry.

It was very personable, plus the fact it was all women. It was open and comfortable and taught what impacts women. It makes me want to come back and learn more!

Fun and informative.

What I really liked about the class was it was for women. It helped with holding the gun and covered technique and stance.

Comments by Cindy

I enjoyed finding out that many women are interested and very confident with guns. I don't feel so isolated. I enjoyed finding out the different ways to carry a gun in a concealed manner. I also enjoyed listening to the "special problems" (restroom) that women face carrying a gun.

It's good to know that many women are taking personal responsibility for their own safety in a responsible and legal way.

Between the Threat and the Bang

The instructor understands the student's needs and put everyone at ease.

I was very comfortable in class. Very helpful information. Instructor is very knowledgeable and very funny.

Excellent teaching skills as well as humorous which holds attention. Great class!

Real life situations; wonderful humor in context of info to lighten topics as presented.

All information was very useful and informative for personal safety.
I liked that this was just for women.

Everything!

The technique of how to draw a gun from a holster, how to become aware of my surroundings, how to ward off a potential threat from another person before having to draw my gun, how to look at my surroundings for potential weapons in the event that I do not have my gun.

I liked the hands on practice.

One of the things that really stood out was the possibility of more than one attacker. That you have to be on the lookout for multiple people coming from different directions.

I like the relaxed atmosphere and being able to learn from the experiences of different people.

What did you learn that you didn't know before?

Stance, look, voice.

To think more about different scenarios.

Defensive posturing & when aggressor enters personal space, aggressive intent.

Watch around you, authorize voice.

Holster draw.

I need lots of practice pulling a weapon from a holster. I need to always be aware of everything that is going on around me.

The importance of being able to draw my gun quickly and effectively.

What did you like the most about the class?

All women, practice.

Role playing (practice).

The involvement of the participants.

Self-confidence.

Drills.

It will help me to be more confident in the future.

All of it.

Gun Cleaning 101

What did you learn that you didn't know before?

Everything about cleaning

Parts of a pistol

To use a toothbrush to clean the frame

To tie a cloth around the frame of my revolver to protect the firing mechanism

More comfortable taking a semi-automatic apart

How to strip the gun and what all the different parts looked like and how they work

Entire process

Everything!

How to clean my gun

How to clean a gun and the different components of my gun

How to field strip and clean my gun correctly and safely

I feel more confident taking apart and putting my gun back together

What did you like most about the class?

Taking my gun apart finally

Everything

Field stripping and putting the gun back together. It was neat to get it back to working after I stripped it and cleaned it.

Tammy & Dara are great!

Patience and very knowledgeable

Everything

Easy instructions

How to take my gun apart, clean, lube, and put back together

The whole thing!

The hands on experience

Getting all the gunk out of my gun and knowing how to do it over and over again

Airsoft (BTB-2)

What did you learn that you didn't know before?

Airsoft guns are wretched fun!

How it feels to actually shoot at a real person.

How difficult it is to aim and shoot at someone!

It was helpful to understand recoil and a way to overcome its effect on my shooting.

Working with the Airsoft pistol helped me to understand that much of my accuracy issues have to do with recoil

I learned how to improve my grip, and stance

Experienced, first-hand, how easy it is to get tunnel vision during the simulated attack scenarios.

I already filled this out once, but wanted to add something. I KNEW already that I could go to the range & hit a target from several feet away. Now I KNOW I can also draw from a holster and come on target within a few seconds. While I'm sure it's much more fun to shoot Tammy than a real bad guy, I know now that I CAN do it. THAT'S EMPOWERMENT.

What did you like the most about the class?

The psychedelic color targets.

Everything was great - relaxed atmosphere, being around women with similar goals and attitudes - it was a good learning experience for me and your instruction was clear and concise as always. Safety review at the beginning is always good for me.

Shooting the instructor! LOL

Meeting more ladies that are interested in improving our skills.

It was fun and encouraging to interact with other women.

Everything! It was great fun, yet still informative. It is always helpful to practice with 'live' drills, which help me gain the confidence needed should the real world situation arise.

I really enjoyed everything about the class. It was very beneficial, but still really fun!

Escalating levels of challenge. People with different shooting skill levels can find this class challenging.

Comments by Sara

When I decided to take the airsoft class, I knew it would be very beneficial but I was a little nervous about actually shooting. I knew we were only shooting the airsoft ammo, and that it would be perfectly safe, but knowing I was going to have to imagine myself in a threatening situation and actually shoot at Tammy was a little unsettling to me, especially since I know I'm not the sharpest shooter.

When we started practicing and shooting at different targets, I really began to enjoy the class, it was actually really fun! I was becoming more comfortable and confident with my abilities as we switched up the targets and scenarios. When it was time to practice drawing from a holster and actually shooting at Tammy, I was more nervous that I was going to hurt her than anything else! She assured me it wouldn't, and I made her show me all the layers of clothes and coats she had on so that I knew she was protected. She started at about 30 yards away from me and she instructed me that as soon as she started coming towards me, to yell loudly "STOP!" then as she kept coming to pull the gun from my holster and shoot. While in the back of my mind I knew it was pretend and that I was perfectly safe, I couldn't help thinking "I'm not fast enough at this, this threat would be approaching me much faster than her, and I can barely get my gun drawn and on target...What if this was real? Would I be able to defend myself?" The thought that I might not be able to actually defend myself against a threat literally made me shake with nerves. This class helped me to realize that carrying a gun does not protect me from all the bad people in the world. The hands on training I'm getting from these types of classes is the only thing that is going to be able give me the skills to protect myself if a situation ever arises. I am so thankful for this class, and I am very much looking forward to any other situational classes I can enroll myself in so that I'm not only carrying a gun with me, but I'm also carrying the confidence to use it if I have to.

And Everything Else

What did you learn that you didn't know before?

I learned ways to defend myself with ordinary items as well as other things (ex. tactical pen, cane). I learned items I can take on a plane/in airports. The hand-to-hand tactics, use of the kubotan, and use of a cane were new and really helpful.

6-foot-3 Dummies aren't as tough as they look. How to use a rubik's cube. Lots of alternative anything can be a weapon, (even if only as a distraction) type-ideas.

(Tammy's Note: rubik's cube is a reference to my joke about women having difficulty remembering the word kubotan and one who called it a rubik's cube)

I learned simple defensive tactics which make common sense yet can possibly save your life.

How to defend myself with other objects besides a gun.

Move, be unpredictable, and use your voice as a weapon.

Escape techniques.

Techniques using kubotan and cane.

How to use a kubotan and cane/stick.

How to use various items as weapons.

Ways to attack.

Cane defense. Defense moves when gun is on me.

Transfer of body movement away from harm.

How to handle close up situations.

What did you like the most about the class?

Laughing my butt off while learning lots of practical tacticals.

Tammy talking about basics of self-defense always inspires me...then, her encouraging us To think out of the box when in a situation of defending ourselves was something I hadn't thought through. Tammy stressed the importance of mental attitude and always moving in self defense. The actual demonstrations in front of us on how to do something specific in defending ourselves and the repetition of what we are doing really help it to sink in so much better. Also, Tammy is never judgmental or critical of us as we practice techniques of defending ourselves. She is always patient and supportive--which is really important to me in learning new things.

Practicing drills.

That Tammy understands women and how we think. She understands how women react and helped us understand the importance of changing our mindset (something I had not considered before).

The fun we have while we are learning self-defense. Tammy's classes are informative, encouraging and fun.

It was my favorite class so far. Thank you so much for all you do for us.

Practice.

Cane work.

Hands on, humor.

Beating up the mannequin.

Everything.

Always the practical application of hands on practice. It's hard to get over the idea of hitting another human.

The class participation.

Hands on.

Participating in the drills and going over different scenarios.

Defensive Awareness

What did you learn that you didn't know before?

It increased my awareness with everyday things I do that could put me at risk.

To be aware of what could happen! Look around. Pay attention!

Learned where "danger areas" are, who to be aware of, what to do when uncertain, how to be safety assertive!

Community awareness of safety situations – don't go near columns, walk in a wide path around them. Always be aware, follow your instincts and don't feel bad about confronting someone in a safe place that might be stalking you.

To be more aware of my surroundings and people.

Doing the 360 degree check before I leave someplace to make sure I'm not being followed.

How to be more aware of my environment.

I think to really be aware. Everyone knows they should do this, but this class really opened my eyes.

I had never thought about what I would do if I were ever in that kind of situation. I feel more prepared now that I've taken this class.

Signs to look for. How to be more aware of surroundings. Don't ignore your gut feeling.

To be more aware of my surroundings, trust my gut, and stop texting while walking into the store or to my car.

Learned different ways to be aware of things around me and what to look for and what to do about the things I've seen.

That carrying your keys between your fingers is not a dependable defense tactic! My uncle who is in the highway patrol instructed me to do that.

That you make a stand at the time of attack. If you cooperate, they will kill you anyway. I have heard that if someone is going to rape you, just endure and maybe they will let you live.

It is better to stare down the “bad guy” and let him know you know he is there.

I was not aware of my surroundings or of people.

What did you like the most about the class?

She made it interesting without scaring me to death. I left feeling like I could protect myself much better.

I loved this class! Wow! Three hours literally FLEW by!

Informative, yet entertaining.

The real life stories and pictures of real places.

Tammy was engaging, funny, approachable, and dedicated – a natural teacher! Really great! This is life-saving info that should be required.

Re-enforcing safety always!

The slides that were shown, I’ve shopped at some of the places that were in the pictures.

Hearing about the actual cases that occurred and the mug shots.

Visuals. Good class participation, good stories.

It was fun and educational.

The instructor was great. The class gave good information that we all need to really stop and think about.

I liked having to look at the photos and distinguish what was off or wrong in each one.

Informing women about the dangers that are around them every day.

Presentation was great! She knew what she was talking about and seemed to care.

I like how the instructor presented things to us. Brought it home that anything or any situation, person, place has the potential to be dangerous, but a person can be aware and is able to protect themselves.

She kept our attention and made her examples very relatable.

The different scenarios she showed us. She was teaching most of the time, not visiting. These were real life, everyday situations that we have, not just in the bad part of a town.

This was a 3-hour class and I stayed interested the entire time because the instructor was very informative and entertaining.