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It is one of my
missions in life to
empower, support
and inspire more
women to move
freely and
fearlessly through
the world.

Toby Israel,
2018 Camp Participant

ESD  GLOBAL



EMPOWERMENT SELF-DEFENSE

CREATED BY WOMEN MARTIAL ARTISTS TO EMPOWER ALL
OF US. SHARING PHYSICAL & VERBAL TECHNIQUES TO
TRANSFORM THE VIOLENCE WE FACE EVERY DAY.

WWW.TOBYISRAEL.ME

WWW.ESDGLOBALSELFDEFENSE.ORG



We're transforming the conversation about violence and safety for women... and for everyone. We all deserve to feel safe and powerful in our bodies.

Empowerment Self-Defense was created by women Martial Artists who recognized that the "self defense" they were being taught was catered to how men fight men. They developed this method as a means to incorporate the social and cultural contexts specific to violence perpetrated against marginalized populations.

Toby Israel combines Empowerment Self-Defense techniques with yoga, breathwork, games and critical discussions for a uniquely empowering experience.

Facilitating a safe space to share and grow together, she guides participants to tap into their power, find their NO, and say YES to moving through the world with confidence and agency.

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