



1Touch™

Email: info@1touchproject.com

Website: www.1touchproject.com

Mission Statement

The company's mission is to provide ongoing self development and rehabilitation courses specifically for people who are visually impaired and those considered to be vulnerable members of society.

What Is the 1Touch™?

The 1Touch™ is the first comprehensive descriptive self-defense program designed specifically for people who are blind. The program is a hands-on self-defense technique for dealing with assaults, aggressive behavior, and bullying. 1Touch explores participant's hidden assumptions regarding their own disability -- their personal perception of their blindness and insecurities built upon that perception. The 1Touch Project is primarily a method of personal development.

How Does It Work?

1Touch™ addresses the physical and psychological causes of insecurity and vulnerability through the empowering practice of hands-on, active, self-defense methods, self-defense theory, and discussions examining what makes one insecure and why. The 1Touch Project's core values are minimizing risk, maximizing independence, and increasing life chances.

Who Will Benefit From 1Touch™?

The self-defense systems are fully accessible and designed for practicality. There is no age limit, no physical strength needed or prior martial arts background necessary. Class curriculum is adapted to the appropriate audiences. Everyone can participate and learn:

- Children
- Seniors

- Blind/Visually Impaired
- Deaf
- Deaf/Blind
- Multi-disabled
- Veterans
- O&M Instructors
- Sighted
- Male or Female

Benefits of 1Touch™?

Learning these techniques has proven highly effective in the development of:

- Independence
- Self-Confidence
- Spatial Orientation
- Mobility & Dexterity
- Tactile Sensitivity
- Social Interaction
- Communication Skills
- Enthusiasm/self-worth
- Greater Health Physically, Psychologically

Training Options

The program is designed to expand through self-generation, by community members for community members. Individuals have the opportunity of requesting a workshop, participating in a seminar, or becoming a certified 1Touch self-defense Coach. We are training blind and sighted coaches who through certification can go on to present demos, hold introductory sessions, workshops and ongoing classes in their communities. Through empowering participants and offering them the opportunity to teach others we hope to extend the healing, life-expanding benefits of 1Touch™ to the world.

Introductory Workshops

During an introductory workshop we engage in a dialog of many common misnomers about self-defense, explain the root of them and why they are either not effective or not reliable for our purposes and build upon a systematic understanding of effective tactics and strategies. We proceed to hands-on exercises designed to overcome the initial shock of common attacks and build up to practical techniques. Principles relating to maintaining physical contact and conservation of movement are emphasized. The students are then introduced to methods of effective striking, when to strike, how to

strike and why a purely percussive system is not well suited for our purposes. All methods follow a set of principle actions, which are explained and demonstrated over the course of the training session. Classes are formed around the students; exploring their abilities, and using them as a catalyst for teaching effective self-defense.

Coaching Certification Course

The Instructors course enables others to teach the 1Touch™ syllabus in their constituency. This course is presented in the form of seminar training with an amount of hours required for completion and a final examination. Once the participants have successfully shown competency they will be certified through the 1Touch Project, to operate 1Touch Self Defense -for the blind in their constituency. 16.75 ACVREP CE hours can be earned for the Coaching Certification Course. The course includes such subjects as:

- Communication Skills
- Presentation
- Competence of Self-Defense Curriculum
- Disability Awareness/Sensitivity Training
- Personal Awareness
- Threat Perception
- Threat Response
- Travel Safety
- Posture and Presentation
- Stress Management
- The Legalities of Self-Defense
- Practical Self Defense Techniques

The process of the practice is one of perception, confidence, transformation, rehabilitation, communication, and personal development.

Expectations

Before candidates attend a certification course the expectations of a potential 1Touch Coach are as follow:

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- 1) Willingness to engage and teach in the blind community.
- 2) The candidate must be willing to integrate the practice and teaching into their lives, personally and professionally.
- 3) Basic physical health to undergo the 2 and a half days intensive training
- 4) Willingness to engage and support through sharing
- 5) Reading, understanding and agreeing to the 1Touch Project Coaching Contract

After successful completion of the 1Touch Coaching Certification Course coaches are expected to:

- 1) 6 month Probationary 1Touch Project Coaching Status
- 2) 6 month review of physical, theory, teaching methodology, and sensitivity training (awareness)
- 3) Forum discussion and open q and a sessions
- 4) Seminar teaching and promotion of classes (if appropriate)
- 5) \$150 yearly licensing fee to be paid at the successful 6 month review

Who We Are Looking for?

Coaches must possess certain skills to successfully implement the 1Touch™ techniques. Minimum abilities are:

- Compassion- Instructors must have compassion for their students and the community in which we serve.
- Competence-One's ability to put into practice all that they profess to do, and show or otherwise convey the application of theory.
- Confidence-An instructor's role is, in many ways a balancing act. One must exude confidence, while maintaining one's modesty.

Testimonials

“Individuals who are blind or visually impaired are physically vulnerable in public places. This can lead to fear, and fear can often limit exposure to vocational, social and self-determined experiences. 1Touch is a methodical and instructive way to teach individuals with visual impairments self-defense skills. Through 1Touch, they gain safety skills, confidence and independent movement in the community without fear.”

-Lauren J. Lieberman Ph.D.

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"As a member and Trustee of Blind Veterans UK I was struck by the significant boost to self-confidence that could be delivered by the 1Touch program. At the same time as providing valuable techniques to bring a sense of security to one's physical well-being it also provides a better understanding of the world around us and how to move safely and efficiently within it." --Kerry Levins

"I thought that it was a very good introductory course. I learnt a lot of simple self-defense techniques that do not require a great deal of physical strength (which I haven't got)."-- Sharon Grennan

"What does "One Touch" mean to me? It means leveling the playing field for the most vulnerable among us, and giving them the skills they need to walk freely; comfortably and safely anywhere they want. I am passionate about this program because it allows me to give back to a community I can relate to. And If I can stop one child from feeling the paralyzing fear I once felt then it would have all been worth it. If I were to sum up "One Touch" in one word, it's FREEDOM!"—Ot

"Two of my students recently had the opportunity to participate in a 1-Touch Self-Defense workshop. I was able to observe the training, and was impressed by the descriptive nature of the course and the hands-on approach to learning. The students learned two steps of the five step program in a two hour session, and immediately felt the empowerment that they could gain from a full program of self-defense. This type of program leads to a better understanding of body mechanics, which could open possibilities for other physical activities, while dispelling the myth that they are incapable of taking care of themselves. As a Teacher for Students with Visual Impairments, I believe a program of self-defense should be part of the expanded core curriculum, and should be introduced in the elementary years and progress in skill development through high school."-- Janet Ulwick-Sacca

"This is great," said Scott Land, a gymnastics instructor in Colorado. "The 1Touch system is unlike any other training I am aware of. 1Touch raises and addresses topics for the blind and vision impaired hitherto ignored."

1Touch Project is Being Used By:

USA

1. Seattle Lighthouse for the Blind
2. Lighthouse for the Visually Impaired and Blind
3. Lighthouse Louisiana
4. MO School for the Blind
5. FL School for the Deaf and the Blind
6. OK School for the Blind
7. Louisiana Association for the Blind
8. Louisiana Center for the Blind
9. WA State Department of Services for the Blind

Internationally

Europe:

1. Blind Veterans United Kingdom
2. Royal National Institute of the Blind
3. Action For Blind People
4. British Blind Sport
5. European Conference of Adapted Physical Activity (2012)
6. International Symposium of Adapted Physical Activity (2013)