



NEW YORK STATE SENATOR

James Sanders Jr.

## Senator Sanders Hosts Sexual Assault Defense Training in Recognition of April as Sexual Assault Awareness Month

JAMES SANDERS JR. April 26, 2018



In recognition of April as Sexual Assault Awareness Month, Senator James Sanders Jr. (D-Rochdale Village, Far Rockaway) held his third annual Sexual Assault Defense Training on April 26, 2018 at the Knights of Columbus in South Ozone Park.

"Sexual assault is a serious crime that affects the physical and emotional well-being of survivors long after the attack is over," Sanders said. "We are here today to raise awareness of this type of violence and do our part to educate as many people as we can in an effort to

prevent future incidents from occurring and to encourage those who have been victimized to seek help.”

Avi Avramcheyiv, the founder of the NY Self-Defense Academy, taught Krav Maga, a military self-defense system developed in Israel and showed how to disarm an attacker wielding a knife or gun. The main targets in Krav Maga are the throat, the groin, and the knees.

Providing statistics on sexual assault and its psychological effects was Dr. Coralanne Griffith-Hunte, a human trauma and industrial psychologist and the Long Island Director of Human Trafficking & Domestic Violence for Not On My Watch organization.

Almost 18 million women have been raped in America since 1998, according to Griffith-Hunte, adding, that 13 percent of female rape survivors will attempt suicide, and one in six American women has survived an attempt, or completed rape, in their lifetime.

Domestic Violence Police Officers from the 106th Precinct Jennifer Martinez and Bennett Choi went over what constitutes a sexual assault as well as the differences between rape and a criminal sexual act. They encouraged attendees to report if they have been victimized immediately to the police.

Also at the event was Connie Pachecho, President & Founder of Recoveries R Us. She spoke about her own personal stories of how she had been sexually assaulted multiple times in her life.

“For many, many years, I thought it was my fault,” she said. “I blamed myself.”

Sensei Chris Iavarone and Assistant Instructor Valerie Blackwell from Tiger Shulmann’s, got

the audience on their feet and engaged them in a Mixed Martial Arts demonstration which included how to correctly throw punches.

We would like to extend special thanks to the Knights of Columbus in South Ozone Park for allowing us to use their space to host the event.