

Self Defense for the Visually Impaired - Second Sight Self Defense

Reality based self defense offers more than just fitness and sport to the visually impaired. SECOND SIGHT SELF DEFENSE seeks to promote independence, personal confidence, and builds self esteem.

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Rocco Ambrose has begun an ambitious project: to bring a program of self-defense concepts to the blind called SECOND SIGHT SELF-DEFENSE. Other martial arts have been successful in giving the blind a chance to compete as elite athletes in major martial art sporting events. Ambrose has set out to prove that the blind can learn an effective self-defense system for the street, utilizing selected principles of Wing Chun Do to develop sensitivity and intuitive response that Ambrose believes will work well for the visually impaired.

Ambrose has recruited Gary Gaynor, a visually impaired student willing to take part in the experiment. At first Gaynor was skeptical about his ability to learn practical self-defense, but finds the experience to be highly rewarding and has decided to become an instructor. Ambrose hopes to provide Second Sight Self Defense to the visually impaired community and has already recruited a second student to the program.

Gaynor is making his own contribution to improve the lives of the visually impaired. When he lost his sight, he found that many visually impaired persons had no adequate way of finding organizations, services and activities created to enhanced the lives of the blind. This inspired him to compile and publish a guide to help others, "The Directory of Visually Impaired Services." The directory lists many resources offering a wide range of services in Michigan. Gaynor hopes that his directory will increase awareness of the need for access to services and information for the blind.

Rocco Ambrose and Gary Gaynor have found common ground in their quest to improve the lives of the visually impaired by promoting independence, self-esteem and self-confidence.

For more information on the program contact Rocco Ambrose at sibok@ambroseacademy.com or visit during Second Sight Self Defense class, training every Tuesday at 11:00am at Ambrose Academy of Wing Chun Do.

<http://www.ambroseacademy.com>