

ABSTRACT

DESIGNING A PRACTICAL SELF DEFENSE MARTIAL ARTS GUIDE FOR WOMAN

**Sergi Erza Nuari
1401130363**

Martial art is both an art and an ordinance in that we protect ourselves and others of crime, but seen from statistical data that can still be many criminal acts in the laukukan by the perpetrators that disturb the community from the start of wild races and drunken action in the night, in terms of phenomena that often occur in the community a lot of cases crimes that often happen to women, this is also caused by the lack of information media and the concept of pemahan against self-defense in a person.

By studying martial arts if one can anticipate himself in the absence of others around him, with the process of collecting data by looking and researching from a martial movement by using the method of kuisoner table will be able to determine a proper movement for a martial movement for women .

In studying martial arts not only all of the techniques are also taught against sseperti health, the location of the vital point in humans and also a sense of awareness of a person, so this message can be conveyed in need of a proper delivery style for women today, especially adolescents. in the design work is focused on a book, the selection of the book media is also on show to increase the sense of interest in reading on someone. Visualization on the image also uses a style that tends to the present moment style of manga which is currently rampant in demand by teenage women. learning martial arts can also increase a person's sense of sensitivity to an action in society so that the person knows what to approach and which ones to shun to safeguard himself

keywords: self protection, crimes against women, lack of information media, visual styles of guidebooks