

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Wounded Warrior Project Family Members Empowered by Throwing Punches **Self-Defense Class Connects Women to Share Experiences, Fighting Techniques**

COLORADO SPRINGS, Colo., May 16, 2017 /[PRNewswire-USNewswire](#)/ -- Carrin Eyman enjoyed her bruised thigh so much she couldn't wait to show her husband, Navy veteran and former mixed martial arts fighter Jeremy Eyman.

The bruise was liberating because it proved she has the mental and physical ability to control her environment. And she wore it proudly.

Wounded Warrior Project® (WWP) family members of veterans recently learned a different way to fight through adversity – with their fists and knees. During a self-defense class, law enforcement instructors gave them hands-on directions for how to fend off an attacker.

"It was fun," Carrin said. "I didn't even feel the bruise when it happened. You feel powerful and confident that you could take care of yourself in a situation. I loved the empowerment the knee-kick gave me.

"And I know I can take someone down if they tried to take me down."

The women gained strength while connecting over their similar backgrounds.

"I felt comfortable sharing my struggles and asking for help," said Heather Chavez, wife of Army veteran Christopher Chavez. "It is nice to know there are others in my area I can reach out to."

WWP programs are personalized to assist warriors, caregivers, and family members with mental health, physical health and wellness, career and benefits counseling, connecting warriors with one another and their communities, and long-term care for the most seriously wounded. All services are free of charge to those WWP serves thanks to the generosity of donors.

"This class put us in a safe place to share our lives and have fun in the process," said Tracy Griego, wife of Army veteran David Griego.

It also allowed participants to learn avoidance techniques for defusing dangerous situations before resorting to using force.

"We were reminded you don't always have to rely on physical strength," Carrin said. "That was a great message."

But if there's no other way, all said they now are capable – and willing – to use their fists and knees.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>, and click on multimedia.

### **About Wounded Warrior Project**

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Rob Louis, Public Relations, [rlouis@woundedwarriorproject.org](mailto:rlouis@woundedwarriorproject.org), 904.627.0432

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