

**Would you like to offer a course in BellZett?**

We are always open to women who want to run activities for girls and women as a freelance collaborator in BellZett, in the field of exercise, relaxation, fitness, mindfulness, etc.

**Assist with ›Wen Do‹ courses**

It is possible to assist in the ›Wen Do‹ courses. Just for fun or because you want to become a coach in the future.

**Advanced training to become a ›Wen Do‹ coach**

We train ›Wen Do‹ coaches. Please speak to us!

We ask »women of color« and women from immigrant backgrounds who are interested in being a collaborator or are trained in ›Wen Do‹.

**Published material**

- BellZett practical guide ›Mädchen stärken‹ [Strengthening girls] (2/2013)  
140 pages, A4, for 20 euros plus 6 euros postage available from BellZett. The proceeds go to BellZett as donations.
- ›Starke Frauen‹ [Strong women]– photo book in simple language (2016)  
36 pages, available for free from BellZett

**Supporting BellZett**

We rely on donations for our work. Support us as a patroness. By donating, you are taking an active stand against violence against girls and women!

**Bank details**

IBAN: DE43 4805 0161 0062 0087 01  
BIC: SPBIDE33XXX; Sparkasse Bielefeld

**More at [bellzett.de](http://bellzett.de)**



**BEAUTIFULLY STRONG**



[bju:tɪfəli strɔŋ]

BellZett e.V. – the self-defence and exercise centre for women and girls in Bielefeld

Sudbrackstraße 36a, 33611 Bielefeld  
0521-122109 | [anmeldung@bellzett.de](mailto:anmeldung@bellzett.de)

Office hours: Mon, Tue, Wed 9 a.m. – 12 noon  
& Thur 3 p.m. – 6 p.m.

## What we do

BellZett is a self-defence and exercise centre for girls and women. Our aim: to prevent violence and make women and girls stronger.

BellZett invites girls and women to do internal reflection and physical exercise. We encourage women and girls to believe in themselves, to clarify their attitudes and to trust their own bodies. BellZett creates a space where the girls and women can try things out and experience things authentically. In doing so they can approach themselves and the other participants impartially, filled with joy and eye to eye.

All girls and women are welcome at BellZett regardless of their age, colour, religion, cultural background, sexual orientation, social background, body shape and regardless of their various mental and physical capabilities.

Teaching assertiveness and self-defence for girls and women following the gender-conscious approach of ›Wen Do‹ forms the focus of our work.

Moreover, BellZett provides other diverse types of exercise such as qigong, yoga, fitness, stress management, dance, running and more. These options also aim at creating a positive physical well-being and familiarising people with their own limits, strengths and fears.

All options can be found online at [bellzett.de](http://bellzett.de).

## What is Wen Do?

›Wen Do‹ teaches assertiveness and self-defence and was specially developed for women. ›Wen Do‹ is about dealing either physically or verbally with (violent) situations, the crossing of boundaries and aggressions which are experienced in day-to-day life and how to deal with these situations in the future with confidence – in the classes, the participants can practise recognising crossed boundaries and discrimination and actively managing threatening situations.

With ›Wen Do‹, women and girls learn to expand their sphere of influence and conquer their world autonomously. The various experiences of the girls and women play a big role in this. That is why each participant connects with their circumstances, skills and resources and finds their own problem-solving approach to situations which cross their boundaries.

›Wen Do‹ coaches adjust the course to the needs, wishes and capabilities of the participants so that the content can vary from course to course.

### In the ›Wen Do‹ courses, participants:

- recognise their own skills and strengths,
- practise easy-to-learn defence and escape techniques,
- practice posture, facial expressions and tone,
- detect and set their own boundaries,
- learn to accept other people's boundaries,
- try out alternative courses of action and conflict resolution in role play,
- practice getting help,
- play, have fun and relax.

## Join in!

### Are you interested in a BellZett course?

Are you interested in participating in ›Wen Do‹ or exercise courses as a private individual? Find information on the course dates and registration at [bellzett.de](http://bellzett.de).

### Are you intending to rent (exercise) spaces?

External female course coaches and self-organised women's groups can rent our exercise spaces. Information on renting can be found at: [anmeldung@bellzett.de](mailto:anmeldung@bellzett.de)

### Are you interested in cooperating with us?

Are you a professional and are looking for courses in cooperation with your school, educational institution, self-organisation, etc.?

If you want to provide a course on assertion and self-defence for girls and women's groups, speak to us about the possibility of working together. Courses can run in BellZett or in your own space.

### Would you like to volunteer with us?

Yes, you can. We would love that!

*Schön/ stark*