

350 Van White Memorial Blvd. #105
Minneapolis, MN 55405

tom.wash9@gmail.com

March 1, 2015

The Honorable Nikki R. Haley
Office of the Governor
1205 Pendleton Street
Columbia, SC 29201

Dear Governor Haley:

I received the following notice in an email in a petition seeking support to pass Bill 30:

"South Carolina is ground zero in the domestic violence fight...The state has the highest rate of female murders at the hands of men in the country, most attributed to domestic violence. Last year South Carolina's murder rate for women was more than double that of the nation. Despite all this, there are few resources for victims of domestic violence and lax laws to punish their abusers."

That bill is of value but is inadequate to deal effectively with this issue.

I am an expert in this field and can help to reduce gender violence by 90% or more in less than a decade. In 1970, I created a unique self-defense course for females which I taught to more than 10,000 women and girls, ages 8 to 70s, in the US and Mexico. Enclosed are a few letters from some of my course participants.

I also survived an abusive father who battered all four of his children and sexually violated my two sisters for seven years until I put an end to that at age 15.

This is an issue with which I have also dealt during twenty years as an educator in high schools, colleges and universities.

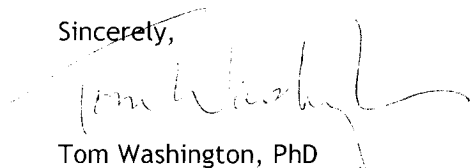
Apart from this, I created a program, *"Commitment to Courage: Establishing the Foundation for Social Justice,"* with numerous support materials, which can also help to eradicate other forms of social violence as well: bullying, gang predations, recidivism of youth and adult offenders, and more.

I would like to offer you, the legislature, and any organizations and individuals engaged in dealing with this issue a 2-3 hour workshop or series of workshops to share my programs and materials.

I am willing to come to South Carolina at your convenience for one day or for an extended period of time. I would appreciate an honorarium which would help me to cover travel and housing expenses.

I am also an expert in modern language teaching and can help to greatly increase the effectiveness of teachers in this field.

Sincerely,

A handwritten signature in black ink, appearing to read "Tom Washington". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Tom Washington, PhD

CURRICULUM VITAE

Thomas Washington, PhD

tom.wash9@gmail.com

350 Van White Memorial Blvd. #105
Minneapolis, MN 55405

PERSONAL: U.S. Citizen, born December 8, 1937

EDUCATION:

Ph.D. in Spanish & Latin American Literature, University of Minnesota, 1982
M.A. in Spanish & Latin American Literature, University of Illinois, 1964
B.A. in the Teaching of Spanish, University of Illinois, 1961

HONORS:

- 1978 Offered a workshop on teaching methodology for the teaching assistants at the University of Minnesota. The teaching coordinator stated that more students from my classes had decided to major in Spanish than those from all of the other sixteen course sections combined.
- 1968 to present. Collaborated with Dr. Samuel Nodarse, (ret.) the creator of the Psycho-Generative Language Teaching Method, in further developing this methodology which can greatly improve the speed, comprehension, retention and ease with which students of all levels of ability are able to learn a second language.
- 1964, I entered six of my students in citywide (Detroit) modern language competition (Spanish, French, & German). My student received five 1st-place awards, one 2nd-place award, and we received the trophy as the best school in the Spanish competition.
- 1962, Fulbright Scholarship for year in Guatemala, (taught ESL; studied at the Guatemalan National University)

EXPERIENCE (ACADEMIC):

Teaching Spanish, in the Persian Gulf during the Iraq war aboard the USS Stethem (cruise missile destroyer) and the USS Enterprise (aircraft carrier) 2004-2005
Teaching Spanish, St. Cloud Tech & St. Cloud Apollo High Schools, 1999-2000
Teaching Spanish, University of Minnesota, Morris, 1998-99
Teaching Spanish, University of Minnesota, 1974-80
Teaching Spanish, Hamline University, 1970-74
Teaching Spanish, Centennial High School, Champaign, IL, 1968-70
Teaching Spanish, University of Wisconsin, 1966-68
Teaching Spanish, Highland Park High School, Highland, MI 1964-66
Teaching Spanish, University of Illinois, Urbana, 1962-64

Thomas Washington, PhD

tom.wash9@gmail.com

EXPERIENCE IN ANTI-VIOLENCE WORK:

In 1970 I created a unique self-defense course for females which I subsequently taught to more than 10,000 people, including women & girls in shelters for the battered, girls in juvenile detention, policewomen, single mothers, navy nurses at Camp Lejeune Marine Base, and women in Cuernavaca and Lázaro Cárdenas, Mexico. Numerous women's therapist sent their clients (ages 8 to 70's) to take my course as part of their therapeutic regimens.

Apart from this work, I have developed concepts, programs and materials whose application can be of seminal value in dealing effectively with the three aspects of the process of the elimination of all forms of social violence: a) prevention, b) healing for those who have suffered from any form of violence, and c) helping people to create and sustain healthy, supportive, non-violent relationships.

WRITING (unpublished):

"Commitment to Courage: Establishing a Foundation for Social Justice"©2009.

"Protecting Babies Against Violence: A Primer for Youth"©2009

"False Interpretations of Religious Scriptures to Justify the Abuse of Women & Children"©2009

"Counseling Aids for Youth: "Different Doors"©2006, "Life Lines"©2006, "Love Lines"©2006

"Educating Youth: A Checklist for Parents & Teachers "©2009

"The Love Pyramid: The Foundation for Healthy Intimacy"©2009

"Healing the Heart of Intimacy: Replacing Arguments with Consultation"©2009

June 14, 1995

To Whom it May Concern:

I am writing to enthusiastically endorse the work of Dr. Tom Washington. I cannot sing his praises highly enough. He has come to talk to our seniors for the past five years and is always a highlight of Senior Seminar Week. He challenges students (and everyone with whom he comes in contact) to be their personal best. Tom preaches that it is necessary to set high standards for yourself, i.e., how you treat yourself and others. He tells students to keep high standards and accept responsibility. It is a message we all need to hear.

Tom's presence at Mounds Park Academy, an independent school for kindergarten through twelfth grade, is always amazing and inspiring. We are now looking at opportunities for him to speak to our parents, staff and entire student body (not just seniors). Tom is a very committed and focused individual. He is bright, communicates well to all age levels, and he delivers a powerful message.

Tom offers much more than a self-defense course for women. His goals are nothing less than a healthy society and an end to domestic violence.

I cannot speak highly enough of Dr. Washington. If you have further questions, please do not hesitate to call.

Sincerely,

Robert Kreischer
Director, Mounds Park Academy
(651) 777-2555



Capitol Square 550 Cedar Street
Saint Paul, Minnesota 55101 612/296-6104

July 29, 1992

Tom Washington, Ph.D.
P.O. Box 580528
Minneapolis, MN 55458

Dear Presenter:

On behalf of the executive conference planning committee, I want to sincerely thank you for your willingness to be a special interest speaker at the 36th Annual Minnesota Health Promotion Conference.

Once again, the conference attendees have given the 1992 conference very high marks. They consistently indicated favor with the wide range of outstanding special interest sessions.

Listed below is the average of all scores received for your session in each of the five evaluation categories.

CATEGORY TITLE:

"Eliminating Sexual Assault: The Healing Classroom"

Key: 1 = Poor 2 = Fair 3 = Good 4 = Very Good 5 = Excellent

- 4.9 QUESTION 1: The speaker was knowledgeable about the topic presented.
- 4.7 QUESTION 2: The information provided is applicable to my work and will be valuable to me in the future.
- 4.8 QUESTION 3: The length of time allotted for the session was appropriate.
- 4.8 QUESTION 4: The method of presentation kept my interest and was conducive to learning.
- 4.8 QUESTION 5: The presentation met my expectations.

Thank you again for your participation.

Sincerely,

A handwritten signature in cursive script, appearing to read 'Bonnie Bob'.

Bonnie Bray and Bob Wandberg



An Equal Opportunity Employer

March 27, 1984

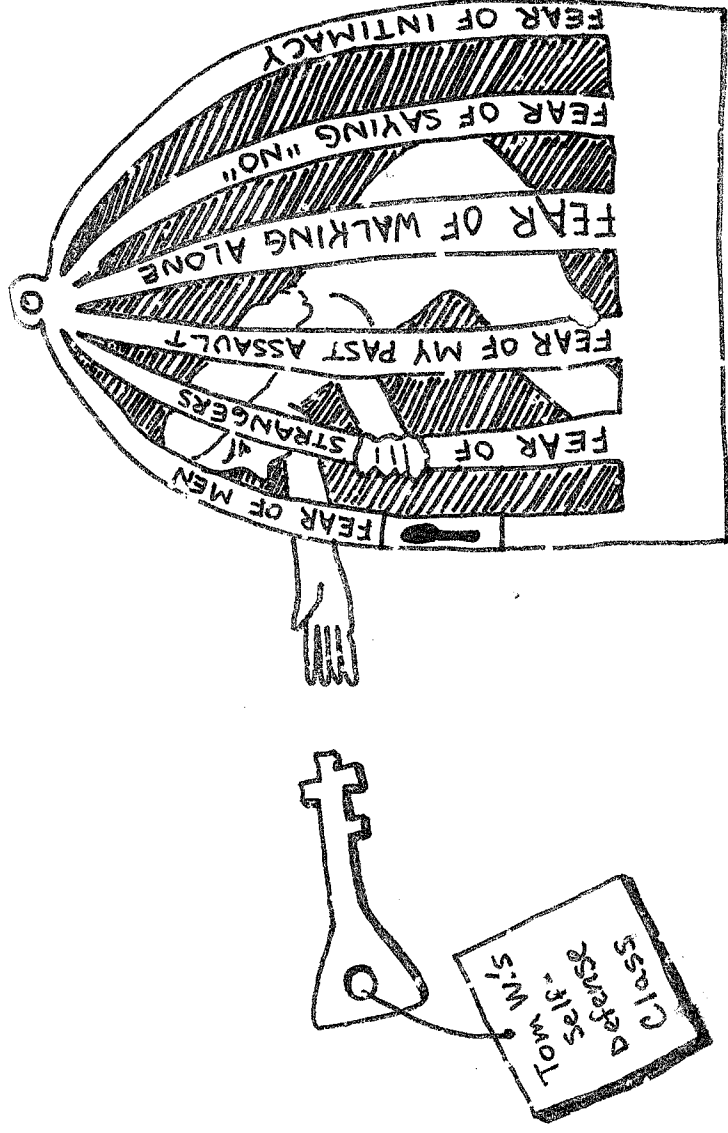
Dear Tom:

Thanks for both meeting with me last week (March 19th) and for that book "Each Day A New Beginning." I've been reading it every day and each theme has something pertinent to say about my own life.

I really like the holistic approach you use to help women become stronger. (physically, mentally, emotionally and spiritually).

Below is a drawing that shows how your course has helped me free myself after being imprisoned for so long by fear.

Yours in strength & importance,
K. C.



January 25, 1988

Dear Tom,

Just a note of thanks for giving your self-defense class to our group of cheerleaders at Jefferson High School.

I have talked with several parents about the effects of the class on their daughters. All expressed how excited the girls were about your message that they are important people who do not have to take any kind of abuse, physical, mental, emotional. It helped the girls to realize that they have other choices available to them and do not have to "buy into" the societal role of "woman as victim."

The parents are thrilled to see their daughters demonstrate not only their physical power (yes, girls can be strong physically, if they get in touch with their anger), but also talk about setting their standards high for how they will be treated by a man.

A group of boys were making fun of some of the girls for taking a self-defense class, and one of the girls said, "Wanna see?" She decked him. I mean flat on the floor! He was, needless to say, shocked, and the teasing of the girls stopped immediately. There has been no further mocking of the girls!

It was fun for me to watch the girls become convinced of their own personal and physical strength.

Again, we thank you for your dedication to empowering women.

Sincerely,

Louise Mathewson

March 3, 1993

Tom,

I took your class many years ago thinking I might feel safer if I knew a little self defense. To my surprise, it was not the physical moves that were important but recognizing the power I had, not just physically but mentally, emotionally and spiritually as well.

I had always thought I had had such a "nice" childhood. But upon examination, I saw that being one of two girls with five brothers (and all of their male friends) I learned very early that:

Mentally---Boys are smart. Girls are silly.

Emotionally---Crying and other forms of "emoting" are weak. Icy stoicism is strong.

Spiritually---My knowledge of spirituality as a child was through Catholicism. I was taught to *Turn the other cheek. The more abuse you take the better person you are. The more selfless you are, the more like Jesus you will be. And Jesus, the martyr, is our ideal.*

Regarding personal safety, I had always had a very clear idea that *If someone wants to get me, he'll get me.* As a young girl, I would not enter a room at night unless someone went in first and closed the curtains. When alone I always ran as fast as I could when I had to go outdoors at night. I babysat a lot because I didn't know how to say "no." So when anyone asked...I went. Many nights I would be so afraid in someone else's home, I would sit frozen for hours just watching the door handles and making sure there were no cracks between any of the drapes. I continued this destructive fearful behavior in more subtle ways as I got older. Running from the car to the house. Not going out alone at night. Not walking around the lakes at night with a friend. Setting up stumbling blocks at the bedroom door so I could hear if someone entered at night. Restless sleep.

I had always had frequent horrendous nightmares of being attacked and not being able to yell. NO VOICE! I thought everyone lived with these.

A few years ago I took your class expecting to learn a few self defense moves. I got so much more. What a relief to realize I had some control. I did have strength.

A great indicator of my new sense of security was revealed in my dreams. My nightmares ended. Instead I began having empowering dreams where I exercised my strength and conquered evils. I began sleeping soundly. I was able to walk from my car to the house at night and look at the stars, smell the air, enjoy the visual patterns of the night. What a different world when I could use my mind for things other than fear.

J.D.

October 30, 1977

Dear Tom,

In your self-defense class I realized that we learn more than techniques for defending oneself. You have paid close attention to the needs of women, to understanding where we are at—not just in relation to the physical aspect of self-defense, but also to the emotional and psychological aspects of our situation.

My experiences and observations in working with women in the US and in Mexico have led me to some of the same conclusions that you base your teaching on. Along with the almost complete lack of any planned physical development for women, there's the "victim mentality." I really appreciate the way in which we were encouraged to confront this mentality in ourselves and do battle with it.

It's difficult to explain this to people (especially to men) who have never questioned their right to defend themselves. But many women must begin precisely with that question: Why defend myself? You help us deal with this question which has to do with a feeling of self-worth, a felt appreciation of one's own value—and the consequent right to protect and defend oneself.

The class for me moved forward steadily on three levels: increasing physical competence, increasing intellectual understanding of our capacity and right to defend ourselves and an increasing emotional clarity about ourselves and our relations.

There's something about successfully defending oneself against a man 6'1" and strong (that's you) that gives confidence. It's a concrete experience, undeniable. It changes one's self-perception and pushes back the horizons of one's world. That knowledge itself along with the practice of the techniques changed my relationships to men, to the street, to any space I happen to be in.

It's high praise to say that someone gives freedom—or gives others the opportunity to be free. But that's precisely what I'm saying. Your self defense class gave me a double freedom: a freedom of movement and a freedom from fear. I only wish that all women (and old people—men and women) could have the opportunity for that freedom.

Thanks, Tom.

Jackie Mosio

by anne (8 yrs. old)

Men think that women cant Defend Them Selves

ONE day Woman realized that they were stronger than thagt they were. My Mommy Set up a Womens Self defense course were women Learn that they can Defend them Selves. In the Course Woman Learn Certin moves that help them find there Strength in themselves. my daddy went to his Office to practice with Jeannett because she didnt have Confidence in her self. When he grabbed her Really hard she threw her arms up and punched him and he went Flying against the wall. She Learned that she could defend herself. So man will Stop attacking woman because they will know that its Stupid And it wont work.

T O M A S :

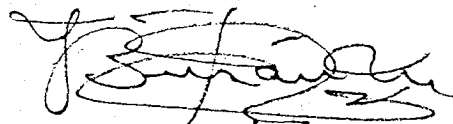
AL DECIRNOS QUE TE CRITICARAMOS SEGUN NUESTRO CRITERIO, NOS DISTE LA OPORTUNIDAD DE EXPRESAR NUESTRO SENTIR EN CUANTO A LO QUE NOS ENSEÑASTE , Y "TU" PERSONA.

LO QUE NOS ENSEÑASTE PARA BENEFICIO DE NUESTRA INTEGRIDAD FISICA ES "FABULOSO", DADO QUE NOS PERMITE CAMINAR CON MAS TRANQUILIDAD POR LA SELVA QUE ES LA CALLE.

NO EN VANO, HAZ DEDICADO DIEZ AÑOS EN ESTUDIAR A LA MUJER, TANTO FISICO COMO MORALMENTE, CREO QUE ES DIFICIL "TU" PAPEL PUES LAS COSTUMBRES TAN ARRAIGADAS DE NUESTRA RAZA, NOS HAN MANTENIDO EN UN SEGUNDO PLANO, SUICO Y FISICO. LA CREENCIA HA SIDO QUE SOMOS DEBILES EN TODOS LOS SENTIDOS Y "TU", NOS HAZ ABIERTO LOS OJOS.

"TU" PERSONA, REFLEJA UNA SEGURIDAD CONTAGIOSA, LASTIMA QUE TE RETIRES TAN PRONTO, OJALA Y REGRESSES PARA PODER SEGUIR RECIBIENDO "TU" MENSAJE.

Y O L A N D A



21/AGOSTO/1981.



Instituto Mexicano Del Seguro Social

LAZARO CARDENAS MICH. AGOSTO 21 DE 1981.

Hoy se dio por terminado el curso de defensa personal que se nos impartio en LA CASA DE LA CULTURA por el instructor TOMAS WASHINGTON y que en mi opinion para nosotras las mujeres latinoamericanas es de gran importancia tener conocimientos de este arte que es defensa personal ya que esta nos sirve para defender nuestros derechos de mujer porque se nos cree que todavia no somos capaces de responder a una agresión y violación pero si todas las mujeres partisipamos en unos como este no seriamos victimas fáciles para ningún agresor y mantendríamos muy en alto nuestra dignidad y valor como mujer .

GRACIAS TOMAS WASHINGTON POR COMPARTIR
TUS CONOCIMIENTOS CON NOSOTRAS LAS MUJERES DE
LAZARO CARDENAS MICH.

MARIA ELENA RUBIO Y MONICA NOCCHIBUENA RUBIO.

i AM IMPORTANT



physically



mentally

emotionally

spiritually



i AM STRONG

I AM IMPORTANT!

- I deserve to be treated with respect ***at all times*** by everyone---including myself. No one has the right to harm me in any way: physically, mentally, emotionally, sexually, economically or spiritually.
- I have the right to get help in dealing with and overcoming any problems or difficulties that I may be experiencing---regardless of the nature of those problems.
- I have the right to have very positive, loving and supportive relationships with people, both male and female alike, ***right now!***
- I commit myself and will require anyone I want to have a relationship with to commit him/or herself to us treating each other, our children and other people who are close to us respectfully at all times ***even if our relationship ends for any reason.***
- I will not tolerate anyone being abusive to me in any relationship---and alcohol and drug use/abuse does not ***ever*** justify or excuse any form of negative, destructive behavior. I will establish and clearly express ***the high standards*** that I expect and demand from a man or woman ***before*** I commit to being in a relationship. Any act of violence or threats towards me, my children or anyone else who is important to me will ***permanently*** end that relationship: no excuses accepted.

I AM STRONG!

Physically. I realize that meaningful strength is about:

- *Using my energy and strengths in ways that will be of benefit to me, to my family, and to my community.
- *Dealing with disabilities and injuries.
- * Protecting other from violence and injury---including from myself---in any form: physical, mental, emotional, sexual, economic, and spiritual..

Mentally. I realize that it takes a positive attitude and positive thoughts to be able to accomplish positive things. I therefore commit myself to treating ***everyone with respect at all times.*** This requires avoiding all forms of abusive and demeaning language, putdowns, backbiting and gossip. I will focus instead on helping and supporting people in developing their strengths, increasing their self-esteem, and realizing their human potential.

Emotionally. I get pleasure out of improving and protecting the lives of others rather than from their fear, upset, humiliation, and unhappiness in any form.

Spiritually. I am a very valuable person and have much to contribute to society. And I will draw on all of my strengths and on those of others to make the greatest contribution that I can to my family, in my social relationships, and to my community.



YO SOY IMPORTANTE

física mente

mentalmente

emocionalmente

espiritualmente

YO SOY FUERTE



Tom Washington, Ph.D.
tom.wash9@gmail.com

¡YO SOY IMPORTANTE!

1. Merezco siempre recibir un tratamiento respetuoso de todo el mundo---incluso por mi misma. Nadie tiene el derecho de hacerme daño de ningún índole: físico, mental, emocional, sexual, económico o espiritual.
2. Tengo el derecho de recibir ayuda y respaldo al enfrentar los problemas o dificultades que me puedan acosar---cualesquiera que sean.
3. Tengo el derecho de gozar de relaciones positivas y amistosas con todos---tanto con otras mujeres como con los hombres.
4. No acepto jamás estar abusada por ningún hombre que quiera, pretenda o quizá haya establecido una relación íntima conmigo. Quienquiera que merezca llamarse "hombre" o "varón" debe poseer **el coraje** de declarar sin titubeos que no va a cometer **jamás** ninguna **de las formas de violencia y cobardía** antes mencionadas---contra mí o contra mis seres queridos arriba **por ninguna razón** ---a pesar de la intensidad de las emociones negativas que se le puedan estar acosando en dada situación. Y este compromiso queda en vigor aun si yo deseara terminar nuestras relaciones íntimas por cualquier razón.

¡YO SOY FUERTE!

FÍSICAMENTE: Me doy cuenta de que lo importante de lo físico raya en:

- Usar mi energía de manera que sea de valor para mejorar mi vida personal, de mi familia y la de mi comunidad en conjunto.
- Hacer todo posible para ayudar a mejorar la vida de los que padecen de cualquier tipo de incapacidad o invalidez.
- Proteger a la sociedad contra todas las manifestaciones de violencia y abuso.

MENTALMENTE: Para llevar a cabo una meta alta como la de eliminar toda manifestación de violencia e injusticia social, se requiere una actitud indomable y un constante fluir de pensamientos positivos. Así me comprometo a rechazar y evitar totalmente el uso de lenguaje degradante, de chismes y murmuraciones. Y en vez de esto, voy a enfocar mi atención y energía en levantar la autoestima del prójimo, a fin de que cada quien realice toda su potencia humana.

EMOCIONALMENTE: Me da mucho placer poder contribuir a la felicidad y bienestar del próximo, y jamás me regocijo en inspirarle miedo o causarle humillación o infelicidad de cualquier índole a nadie.

ESPIRITUALMENTE: Me doy cuenta de mi propio valor como ser humano y el valor innegable de cada ser humano.

Understanding the Principles of Effective Language Teaching: You Are Smarter than You Think!

Language teachers are unaware of the fact that the teaching method in current language textbooks, based on the limited understanding of teaching principles of over a century ago, is extremely outmoded and inherently confusing.

1. The order in which materials are presented in language textbooks severely retards the learning process for all students---and completely blocks it for a very large percentage. This is due to a lack of awareness of *The Five Frames of Language Reference* and their most effective sequential integrated presentation in the learning process:
 - *The Physical World*
 - *The World of People*
 - ***The World of Activities***
 - *The World of Events*
 - ***The World of Emotional Perspective***
2. In every single chapter, textbooks present six forms of each verb which presumably need to be memorized. That is false. 98% of the time, students need learn only **two** forms of a verb (and frequently only one) to know them all.
3. “The subjunctive” is a concept based on a misunderstanding of a fundamental Spanish language process. This process would be more accurately described simply as “the emotional perspective” in language usage.
4. The organization of textbook materials violate all of the essential principles of effective teaching:
 - **Unity of Focus** in multiple aspects of the presentation of material.
 - **Opportunities for Habit Formation** and for **Over-learning** (*corsi e ricorsi*).
 - **The Creation of Integrated Sequential Developmental Structures.**
 - **Emotional Perspective** as a foundation element for all language processes.
 - Students should function as “teachers” 80% of the time, with the teacher’s role being much more effectively that of a mentor. No student need ever pay for tutoring help.
 - Exam structures should reflect individual creativity and not simply require forms of rote memorization.
 - There is no “grading on a curve.” The expectation should be that all students can learn at a high level and a failing grade (D or F) should never be an option.