Bodily Autonomy as Praxis

HOMECOMING
2023

START YOUR SKILL BUILDING JOURNEY HERE
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Martial Arts

Why?
To learn how to protect your self and others with your body.

NOLA MMA - New Orleans, LA
3rd Ward BJJ - Houston, TX
Playfightmove - Kentucky
Elevate MMA - Durham NC
Open Source Brazilian JiuJitsu - Asheville NC
Southpaw Pod's Liberation Martial Arts Online
Physical Fitness

Why?

To maximize the strength, flexibility of your body (with respect to ability levels)

Hybrid Calisthenics

Everybody Yoga
Firearms

Why?

To learn how to safely handle a firearm

Dynastic Arts
Yellow Peril Tactical (IG, FB, Youtube)

Armed Margin podcast
Medical Training
Stop the Bleed, First Aid, CPR

Why?
To learn how to treat life-threatening medical emergencies until advanced medical care arrives

Middle Tennessee Black Gun Club - contact@midtnbgc.com
Stopthebleed.org

Beau Braxton - Knoxville
Information Security

Why?

To protect your personal information from online threats

Threat modeling podcast "Dr. Micheal Loadenthal: intersectional, harm reduction approach to threat modeling"

https://ssd.eff.org/

MediaJustice.org
HAM Radio

Why?

To learn how to communicate on HAM radios when electrical power in your location is out due to natural or human-made disasters

Ham Radio Prep
Gardening

Why?

To learn how to grow certain foods to feed yourself or others

Revolutionary Gardens Podcast

Poor Proles Almanac Podcast

Earthbound Almanac – Book
Team Building

Why?

To formally organize a team of family, friends or comrades to handle emergency situations

Team Ready: The How To Guide for building your own disaster and emergency response team

Live Like the World is Dying Podcast
It Could Happen Here Podcast