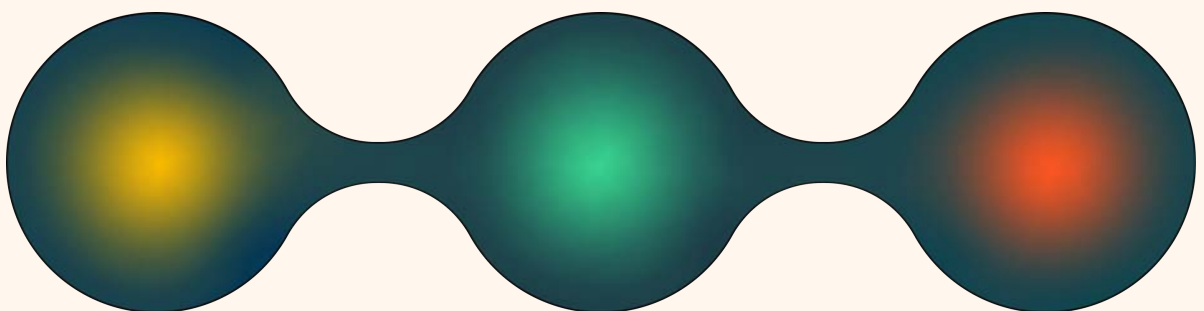


H O M E C O M I N G  
2 0 2 3

# **Bodily Autonomy as Praxis**

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

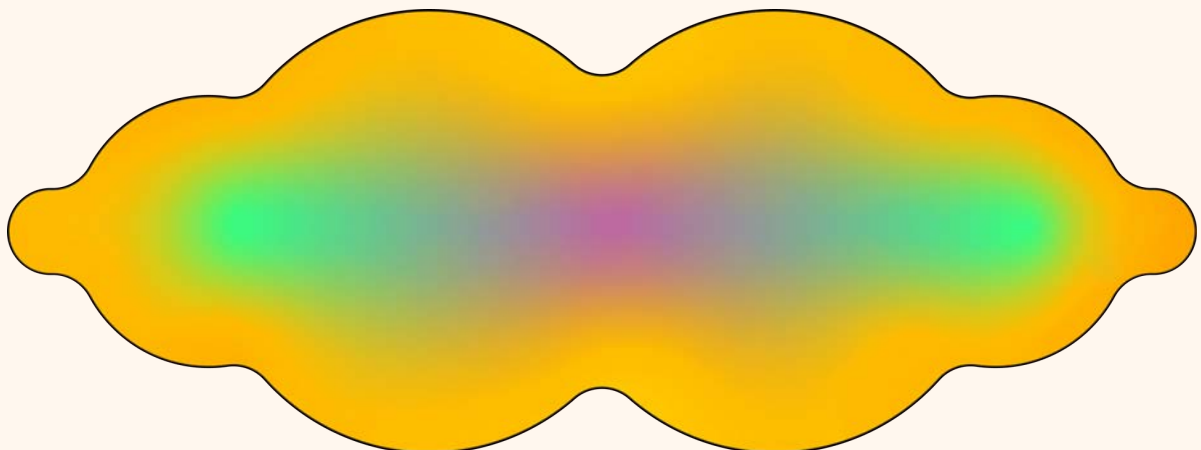
3rd Ward BJJ- Houston, TX

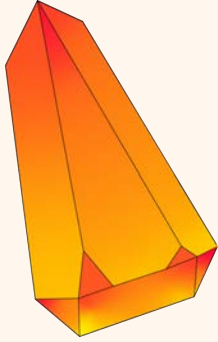
Playfightmove- Kentucky

Elevate MMA- Durham NC

Open Source Brazilian JiuJitsu- Asheville NC

Southpaw Pod's Liberation Martial Arts Online





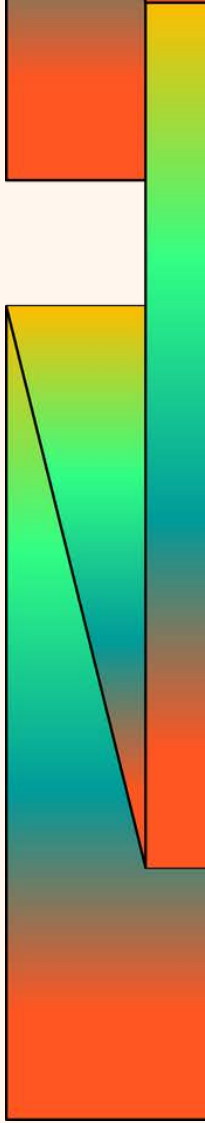
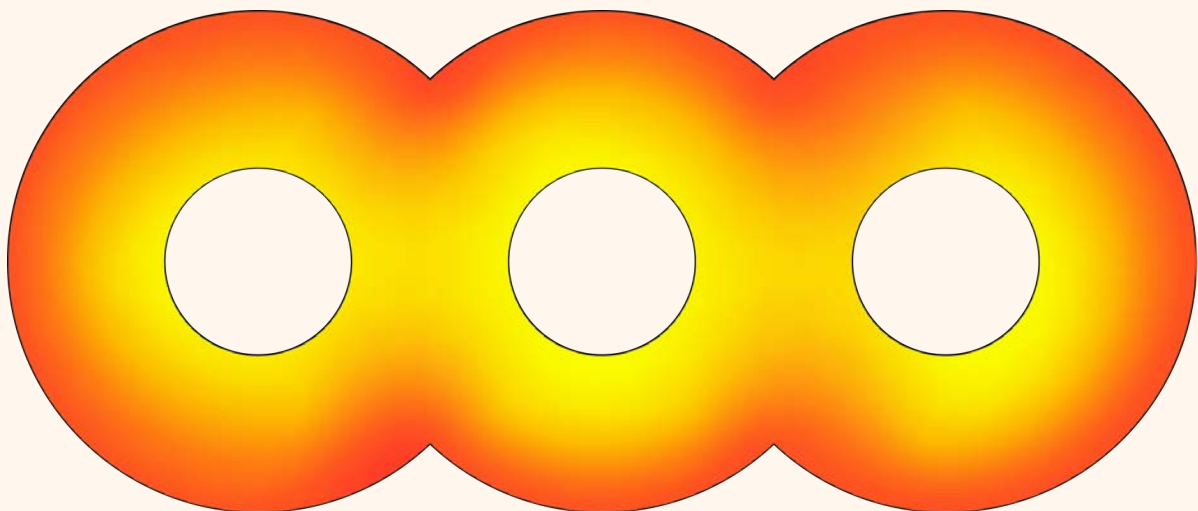
# Physical Fitness

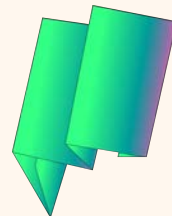
Why?

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

Hybrid Calisthenics

Everybody Yoga





# Firearms

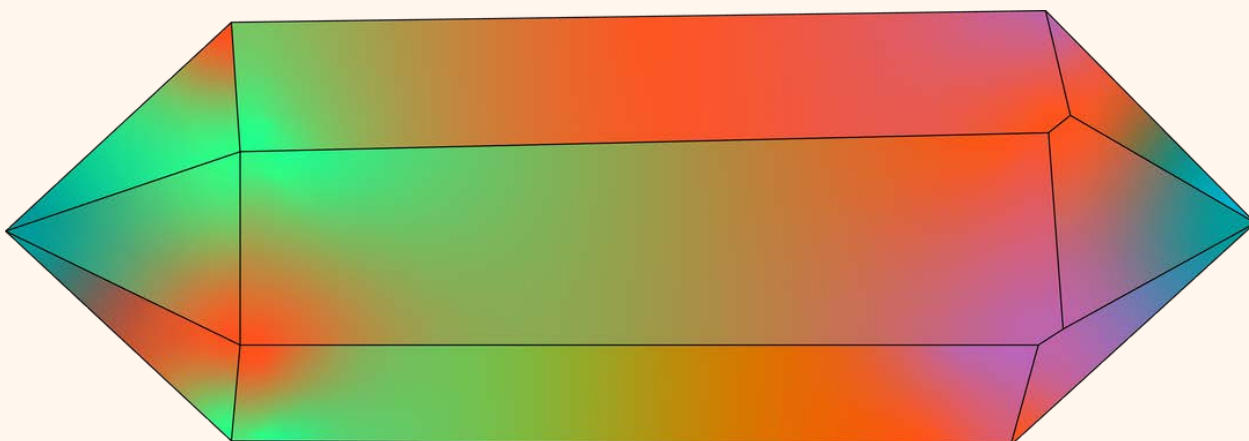
Why?

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](mailto:contact@midtnbgc.com)

[stopthebleed.org](http://stopthebleed.org)

Beau Braxton- Knoxville



# Information Security

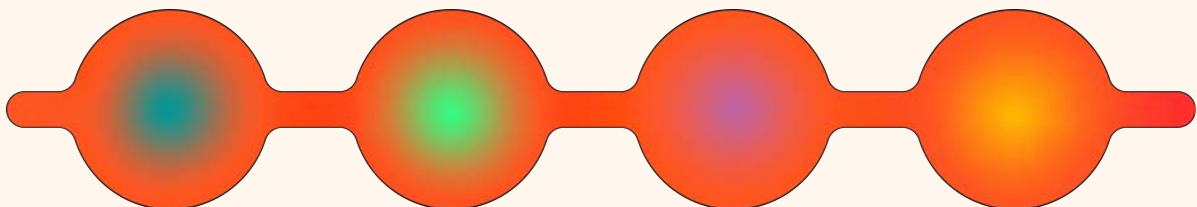
Why?

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](https://www.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

