

# Ex-secret service agent teaches defense

**Clemson professor works with students, instructing self-defense techniques.**

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While most students think that the need to know how to defend yourself is obsolete, one Clemson University professor attempts to better educate students about their personal safety. Fike Recreation Center hosted a "Street Safe Seminar" on Jan. 26 led by retired Secret Service Agent and Clemson professor, James Richard Bartee, Jr., who served for 25 years. Bartee worked personally with the families of George Bush Sr. and Bill Clinton.

The defense maneuvers he demonstrated are based on Aikido, a modern Japanese martial art. According to Bartee, Aikido is translated as "the way of harmony with nature." Aikido, he said, is a type of warrior training that requires both moral and ethical principles in addition to its rigorous physical practices.

At the beginning of the class, Bartee presented the principles of Aikido and compared them to other forms of martial arts such as Jujitsu, Hapkido and Taekwondo. Unlike those traditional forms of martial arts, Aikido uses martial training as a tool for the development of an individual's character. Instead of meeting conflict with conflict or force with force, Aikido attempts to combine harmony with an attacker's moves by using "spiral movements." The goal of Aikido is to defer an attack, unbalance and confuse an attacker, and use the attacker's force as an energy source to dispel the attack. Aikido's main objective is to peacefully resolve a conflict.

"Aikido does not focus on punching or kicking opponents, but rather on using their own energy to gain control of them or to throw them away from you," Bartee said. "It is not a static art, but places great emphasis on motion and the dynamics of movement." On the mat, Bartee taught students basic maneuvers such as finger jabs to sensitive parts of the body, such as soft tissue on the neck. He emphasized moving with the force and direction of an attacker and positioning yourself behind an attacker because an attacker cannot hit what they cannot see.



Media Credit:  
Rachel Glenn  
FIKE: NOT  
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EXERCISE  
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SPORTS:  
Self-defense  
instructor  
James Bartee  
helps Emily  
Wagner hone  
her skills in  
Fike's  
gymnasium  
while fellow  
student Dana  
Freudenberger  
looks on.  
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Clemson sophomore Caroline Pike found out about the seminar because she is enrolled in Bartee's Leisure Skill class and said that she would recommend his class to other students. "I think the most useful thing that I learned was the neck, armpit, and knee jab," said Pike. "I feel like in most situations that move will be useful." She also said she learned the importance of responding to situations. "If someone throws a punch at me I won't just cover my face, but I will move into a better position to take down my attacker."

Other helpful self-defense tips that the students practiced include how to face an attacker if threatened at knife or gunpoint. In addition, Bartee taught how to resist strangulation if an attacker goes to the throat with a rope. "Don't fight the rope because you will only choke faster and burn or cut your throat," Bartee said. "Instead, find the path of least resistance. Whatever direction the rope goes, you follow."

Clemson junior Lauren Creech attended the class because she missed self-defense sessions offered over the summer in response to the murder of Tiffany Souers. Creech said she learned to be aware of what you have, to know your own strength, and how to use everyday objects, such as keys or cell phones, on sensitive parts of an attacker's body. In the last exercise, partners practiced the skills learned in the session. One person played the attacker, while the victim's goal was to defend themselves using Aikido techniques. The seminar concluded with a quiet time for relaxation and prayer honoring victims who were unsuccessful in defending themselves from their attacker.

Kelly Williams, the aquatics director at Fike, said that more self-defense classes will be available throughout the semester such as how to properly use mace or what to do if threatened in the confines of an elevator. "This class is important, especially for girls," said Williams. "Too many women think, 'This won't happen to me'."