

This Light of Ours
Image 42 (00:36)

Herbert Randall: That's a training session on non-violent self defense [laughter]; I'm not laughing out of humor. When you were beaten, you would fold yourself into a fetal type position and put your arms over your head. And if someone else is getting beaten, you would cover them with the same position, just learning how to take a beating. Not funny again, but it came in handy for a number of the volunteers that were in this class.