



Erin Weed on the CBS Early Show

October 19, 2008 By [Shawn Decker](#)

Erin Weed of Girls Fight Back was on the CBS Early show, giving tips on women's self defense. Here's a clip:

You may remember the video I posted of her beating up someone in a big helmet. I foolishly taunted and challenged her, and she accepted. I laid low, and I thought in all of her travels she'd forgotten and I was off the hook...

Well, I got an ominous message from my friend, Weed: "I'm coming to Charlottesville, *this week*."

I plan to get hopped up on clotting factor all week, just in case she launches a surprise attack. Still, I think my big trap may have finally done me in... stay tuned.

Positively Yours,

Shawn

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<http://beta.docker.poz.com/blog/erin-weed-on-th>