Essential Self-Defense

by Adam Rapp

Essential Self-Defense is a play written by Adam Rapp and directed by Drake Simpson. The play is set in a women’s self-defense class and follows the character Yul Carroll who is mysteriously drawn into the class. Yul is a disgruntled misfit who is suddenly drawn into the world of self-defense and is trained by an attack dummy. The play explores themes of self-defense, self-reliance, and the consequences of violence.

The play received its premiere at Playwrights Horizons in New York City, and has been produced by various companies around the world. It has received critical acclaim for its witty and insightful exploration of self-defense and its role in contemporary society.

Overall, Essential Self-Defense is a thought-provoking play that offers a unique perspective on the world of self-defense and the role it plays in our lives.