



Self- defence training for
educators

With Krav Maga expert

Anthony Segal

A 2-hour workshop

Venue: Your school

Introduction

Due to the nature of their profession, educators face many real dangers on a daily basis and often find themselves at risk due to the following circumstances:

- Extended work hours, often commuting to and from work in the dark
- Working in isolated classrooms after school hours
- Attending extra mural activities
- Locking up after school functions
- The increase in reports of learners violently attacking teachers

The educator's self – defence programme reduces the likelihood of becoming a victim by learning violence awareness and prevention strategies. Educators feel empowered after completing the programme and feel safer in the school

The programme

Delivered in a fun and safe environment, for many educators this is the first time they get the opportunity to role play potentially harmful everyday situations, threats and hostile attacks. The benefits to this type of training is immeasurable, arming them with a mental blueprint on ways to respond, deter and defend themselves for life.



Experience is the best measure to how you will respond in any situation, therefore in self-defence the best experience is to role play certain role play scenarios in a safe environment.

Based on instinctive behavioural responses the educators are guided through scenarios for:

- Being aware of their environment, surroundings and instincts
- Being alert and safe on public transport or while driving, at social games, events, travelling or while out at night
- Understanding passive assertive behaviour verses passive aggressive responses to deter a potentially hostile situation and knowing your legal rights
- Understanding the psychology of fear and adrenaline and how to prevent yourself from “freezing in the moment”
- Knowing how to use your size to your advantage, learning “critical hit points “to stop any size attacker
- Preparing a personal safety plan

Learning self-defence is just plain smart and essential for all educators. Skills for life!

About the Facilitator

Anthony Segal has been doing Krav Maga (Self- defence) for the past 15 years and is IKI affiliated and a registered instructor. He is passionate about teaching and transferring his knowledge onto others. The ultimate goal of IKI Krav Maga is your survival against threats and attacks. It is a pure self defence system.

Some References:

On behalf of the staff of Springs Girls' High School, I would like to thank Anthony for a most enjoyable, but more importantly, a most helpful and worthwhile course.

The workshop was relevant and we were impressed at how easy and effective the techniques were that were demonstrated in defending oneself.

There were only positive responses by the staff towards the workshop and to the manner in which Anthony presented it – he was both professional and personable.

We will definitely be considering a refresher and/or follow-up course for next year.

Yours faithfully Heather Jones DEPUTY PRINCIPAL

I just want to thank you for the super inspiring workshop with Anthony today.

We feel empowered, uplifted and have gained so much insight.

Anthony was a hoot and such a team layer with our enthusiasm and hysterics :)

We looking forward to working with the Proactive Group again next year. - Daya Naidu Wendywood High

Cost: R 3 500.00

Please email: admin@rapewise.co.za for more information.

Additional information

This programme is endorsed by Rape Wise SA as an essential programme for educators working in South Africa. Many of the cases that Rape Wise deals with, could have been avoided, had the educator involved had basic self -defence and safety awareness skills.

Time: 2 hours Where: at your school

When: During school, after school, Saturdays

Booking form
Self-defence workshop

Name of school: _____

Contact person: _____

Tel: _____ Fax: _____

Cell: _____ Email: _____

Physical address:

We would like to book a self – defence workshop for our staff.

Please note that if your school has a Primary and High schools – each school has to book a separate workshop.

Recommended dates:

1. _____ 2. _____

Number of presentations _____ @ R 3 500.00 _____ Total: _____

Payment:

All payments are payable in **advance** to secure your booking/please use your schools name as reference.

Fax/e-mail this booking form and payment advice to:
086 6967807 /031 5726081 /admin@rapewise.co.za

For more details, please contact 031 5726690/083 3308535

Payment can be made via EFT to:
Name: Rape Wise Bank: ABSA
Branch code: 632005 - Account number: 406 497 6342