



IEB Portfolio certificate  
workshop

Self – defence  
workshop for learners

With Krav Maga expert

Anthony Segal

A 2h30 minutes workshop

### Prevention through education

I have just sat down after the workshop and our girls absolutely LOVED it. They had so much fun and learned so much.

Anthony made it really useful for the girls and they really enjoyed his enthusiasm and professionalism.

I will definitely book this again next year.

***Nicole Sham – St Dominic’s school for girls Boksburg***

#### Introduction

Our children face many real dangers on a daily basis. Verbal and physical abuse is a threat to all young people and can occur both outside and inside the school environment. Bullying and abuse can lead to low-self-esteem, increased absenteeism, depression, learning difficulties and a negative outlook on life. Children are also at risk during leisure time, visiting shopping malls, home parties and commuting to and from school.

We can reduce the likelihood of becoming a victim by learning violence awareness and prevention strategies. Self-defence education empowers young adults, and gives them essential tools to confidently interact with the many faces of modern society. Learners interpersonal relationships also benefit through more open and assertive communication.

## 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.

## The programme

Delivered in a fun and safe environment, for many learners 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 learners 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 point “to stop any size attacker
- Preparing a personal safety plan

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

To organise a programme for your school please email: [debbie@rapewise.co.za](mailto:debbie@rapewise.co.za)

## Additional information

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

## IEB portfolio certificates Grade 10 -12

Please note that this workshop falls within our portfolio of life skills workshop offerings for IEB portfolio purposes.

**Minimum number of learners: 30**

**Cost: R 160.00 per learner – learners receive a certificate**

**Time: 2 ½ hours**

**Where: at your school**

**When: During school, after school, Saturdays**

**Booking form**

**Self defence**

Name of school: \_\_\_\_\_

Contact person: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Physical  
address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

No of learners: \_\_\_\_\_ @ R 160.00 each Total: \_\_\_\_\_

Grade/s \_\_\_\_\_

Please note that a list of the student's names will be required to be sent to our office for certificate purposes.

**Terms and conditions:**

- Please contact our offices to book your date
- **Please note that a cost of R 30.00 per learner will be charged for no shows and cancellations as certificates would have been produced**
- Schools are welcome to invite other learners in their area
- Afternoon workshops may also be arranged

**Payment:**

All deposits are to be paid in **advance** to secure your booking/please use your schools name as reference and full payment will be required one week before your workshop

**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	