

# Free self-defence course for Western Cape women

On Saturday 21 June 2014, Shoprite, in collaboration with Sanette Smit and her team of self-defence instructors, will begin its roadshow with the aim of empowering women in the Western Cape with the basic skills of self-protection.



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Between June 2014 and May 2015, the show intends to afford 1200 women throughout 12 Western Cape communities the opportunity to attend a three-hour workshop free of charge. The team will be training 100 women per workshop between June 2014 and May 2015 and registration details for the workshops will be advertised in local community newspapers and on local radio stations.

Heart 104.9FM's news anchor and reporter Mantsadi Sepheka is embarking on this journey of equipping women with this very valuable tool. "Heart 104.9FM are proud to support Sepheka, who in her personal capacity is working on this important project spreading the word of empowering women with self - protection skills in our own communities" says Toni O' Connell, head of marketing for Heart 104.9FM.

## Begins in Bredasdorp

The road show will launch in Bredasdorp as a tribute to the memory of Anene Booysen whose brutal rape and murder led to an international outcry against the level of violence against women. It will be held at the Community Sports Hall, also known as "Die Glaskasteel" on the corner of Recreation and Church Streets on Saturday 21 June 2014 from 1pm-4pm with registration commencing at 12:30pm. The registration forms and the entry box for bookings will be available at the Bredasdorp Usave store.

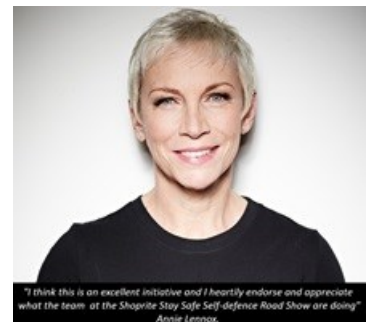
The team, led by Smit, an 8th Dan Karate and acclaimed self-defence practitioner of more than 30 years standing, will travel to Oudtshoorn, George, Beaufort West, Piketberg, Atlantis, Vredendal, Macassar, Ceres, Lentegeur , Khayelitsha and Fish Hoek spreading the message that women may defend themselves.

The workshops will serve as the platform for teaching the women how to become more aware of potential threats to their personal safety and how they can equip themselves with invaluable self-protection techniques.

## Accessible self defence

Shoprite is committed to the safety of all women of South Africa and its support of this road show will make self-protection methods more accessible to women and allow them to better cope in communities where violent attacks on women have become commonplace.

Singer, songwriter and rights activist, Annie Lennox has wholly endorsed this initiative. In supporting the Shoprite Stay Safe Self-Defence Roadshow she said, "I think this is an excellent initiative and I heartily endorse and appreciate what the team is doing."



For more information, call the Self-Defence Office on +27 (0) 21 461 0036 from 2pm daily or email [margaret@selfdefence.co.za](mailto:margaret@selfdefence.co.za) or [smit@selfdefence.co.za](mailto:smit@selfdefence.co.za).