

Recent data by the Institute for Economics and Peace (IEP) showed that, when it comes to societal safety and security, South Africa ranks as the 8th most violent country in the world, with a murder rate of 35.7 per 100,000 people.

According to Crime Stats SA, 2.09 million serious crimes were reported to the South African Police Services in 2018 (5,726 per day). Gauteng, as a province, experienced the most crime in number of incidents, and the worst areas were Johannesburg Central, followed by Honeydew and Pretoria Central. According to stats, there were:

- 20,805 reported murders - 57 per day
- 40,035 reported rapes - 109 per day
- 323,595 assault cases - 887 per day
- 250,355 residential break-ins - 686 per day
- 138,364 aggravated robberies - 379 per day
- 50,703 common robberies - 139 per day



What it is

Urban Defence is a self-defence program that incorporates theory, tactics, weapons and techniques to help equip you to defend yourself. The theory aids to prepare you mentally and emotionally for the eventuality of falling victim to crime. The syllabus analyses real world cases and provides insight on the best ways to avoid, control and ultimately overcome such incidents. As a last resort, it borrows from a variety of martial arts styles, teaching you how to disable an attacker. It also evaluates various weapons, from batons and knives to pepper spray and stun guns. It also demonstrates the use of various household items as improvised weapons.



What it is not

Urban Defence is not a sport. It does not contain any sort of grading system. There are no tournaments, medals or certificates. It is not an exercise or fitness program. It is not a way to lose weight. It is not a game. Unfortunately, due to the nature of the training, it is not suited to children under 14 years of age.

The workshops are intended to be once-off, giving you a sufficient base of knowledge to defend yourself in simple situations. If, however, you'd like to move on to more advanced techniques, you can attend regularly and benefit from more specific training and more advanced scenarios. A minimum of 6 attendees is required per workshop and a maximum of 12 attendees will be permitted. **Preregistration is a must.**

Details

- Date: Sunday 9 January 2022
- Time: 10:00 – 14:00
- Price: R490 pp
- Suitable for men and women
- Seven Star Energy Centre
86 5th Street,
Parkmore
- Wear loose-fitting, comfortable clothing
- No under 14's

Contact: Greg 082 446 5455

info@urbandefence.co.za

www.urbandefence.co.za/

Urban Defence