

Self-defence course

By Hannah Norton

Phil Thompson is set to stamp out violence against women.

The founder of the non-profit organisation Protect is running a Safe for Life rape prevention seminar in Howick tomorrow.

"Safe for Life is about empowering women," says Mr Thompson who is also one of the course instructors.

The seminar covers physical aspects of violence such as common attacks and defences, as well as psychological aspects like awareness and intuition.

He believes it is important for women to learn self defence so "if the worst happens, you are ready for it".

He likens realistic self-defence training to insurance – "hopefully we'll never need it but if we do we'll be very glad we had it".

But most people are apathetic and have an "it will never happen to me mentality", he says.

"Unfortunately violence doesn't discriminate."

Co-founder and instructor Athena Thompson runs the women's self-protection programme, which in-

cludes the Safe for Life seminar.

The Thompsons have more than 20 years of self-defence training experience as well as backgrounds in martial arts.

Protect is a non-profit organisation which the Thompsons personally fund.

"The reward is knowing that what we are doing is saving people's lives," Mr Thompson says.

The seminar is at the Protect Training Centre, 129 Meadowlands Drive, Howick.

It starts at noon and costs \$59 a person.



Self protection: Protect's rape prevention seminar teaches women responses to common attacks.