



■ Take that ... learning self defence at Morningside. XC

New martial art kicks off

AN Australian-first type of self-defence class has started up in Morningside, equipping people with skills to defend themselves in the face of a physical attack.

Developed by Moni Aizik, co-founder of close contact fighting system Krav Maga, CKM Reality Defence teaches students how to deal with armed and unarmed attackers.

The system is being introduced to Australia for the first time by Hawthorne-based Happy Dragon Martial Arts and City YMCA, with the Morningside AFC Club first to host classes.

"Commando Krav Maga Reality Defence is suitable for anyone who'd like to feel safer, regardless of age, gender and size," Happy Dragon Martial Arts' Will McLay said.

"The system is used by police officers, defence forces and security professionals around the world, yet each technique can be easily learned and applied by men and women with no previous martial arts experience."

McLay, a black belt in traditional Okinawan karate, and fellow Happy Dragon instructor Rob Didriksen, a former police weapons trainer, recently studied with Mr Aizik to become the first two certified CKM Reality Defence instructors in Australia.

One of the strengths of the system is that it helps people stay away from trouble in the first place, showing them how to avoid inadvertently making themselves targets for attackers.

Mr McLay said although assaults on women were currently dominating headlines, women were just one of many groups at risk.

"Self-defence must now be counted as an essential life skill for everyone - male, female, young, old, big or small," he said.

"CKM Reality Defence goes further than other self-defence systems in teaching effective responses to attacks involving weapons, a situation that is increasingly common around the world."

At Morningside AFC, CKM Reality Defence classes will be held on Tuesday evenings and has after-school karate classes.

■ Visit www.happydragonmartialarts.com or phone 3899 6502.

Correction: Monday evenings