

# Essential services being the target of crime in South Africa

By Morné Mommsen, chief instructor, Warrior Combative International

**M**any articles were written regarding self defense for members who are in uniform and management turning a blind eye or ignoring the OBVIOUS. Self defense is about structuring your life to avoid being attacked. Reading an article or watching self defense video on social media as your only means of defense is like having a "Plan B" without ever having had a "Plan A".

To invoke self defense, certain conditions must be met such as unlawful aggression, reasonable necessity of the means employed to prevent or repel it, and lack of sufficient provocation on the part of the person defending himself.

Unfortunately, taking about it, making posters stating, "don't hurt us" or even marching will never change the mindset of a criminal. Some categories of criminals, each meriting different levels: "extreme", "impulsive", "professional" and "endemic" have an addiction to feed and you pleading will not change the criminal mind set. They have no guild and will not feel sorry for you, you have something he/she wants and they will do anything to get it, even if it means death.

The law allows for us to carry a firearm for self defense, in your private capacity (off duty) not for operational duties. As a private citizen, meaning non-security, non-traffic, non-police, you are not allowed to use a firearm in your work environment. To carry a firearm for work purpose you will need to obtain a Business Purpose Competency and successfully completed a Regulation 21 every year and the Employer need to grant permission for such, in line with the current



Firearm Control Act. Thus, don't put yourselves in a situation where the law can turn against you.

Unfortunately, the current system in place to control crime, prevent crime and to protect you and me is non existing and failing the communities of South Africa. Therefore, get yourselves trained as soon as possible in self defense or martial arts.

Why self defense or martial art? The answer is simple to understand; rather learn self defense and never need it, than need it but never learnt it. This doesn't mean you need to fight ever person or every threat you come across; it simply means that you will train how to identify a possible threat, start focusing on a way out and if no way out, how to eliminate the threat with maximum speed, maximum force and with minimum effort.

How easy is this to achieve? It is as easy as when you and your team

came together to march against crime. It is as easy as the manager who sits in an office designing a poster stating, "don't hurt us". It is as easy as going to the gym, that is how easy it is, just enrol and start, just do it. You will feel better about yourselves, have more confidence, be fit-to-fight and you will be able to enjoy life without fear.

Within you lies the shadow of your mentor/self-defence sport. Within the sweat lies the victory of the next fight. Blood is only temporarily but victory is forever. Without a mentor/self-defence sport there is no victory.

As stated by Mike Tyson, "Everyone has a plan 'till they get punched in the mouth". The best of the best gets punched out, what makes you better if not even trained. To survive on the street, you need to become a competitor and not a victim.

**For more information email:** [morne@warriorcombative.co.za](mailto:morne@warriorcombative.co.za). 