

Hi Kim,

A disappointing day today with today being our last self defence class.

A very big THANK YOU to everyone involved at Sasfin who has empowered a few of us during Women's Month and to Anthony, who has come in to teach us some of the underlying principals of Krav Maga.

It has been a very exciting 4 weeks and have been looking forward to Thursday every week! I know that there is still so much to learn in this field, but the basics that we have seen, and the "simple effective" things learned is something that I hope I will never forget and hope I will never get to put to the test either.

I do feel that should I be in a bad position, I feel positive that I will have the knowledge for a chance of safety! (perhaps I should consider signing up for further classes and have extra tools that no one will expect! J)

Thanks Kim and thank YOU Anthony!!

Tracey Becker
Sales Administrator
Equipment Finance
Tel: +0873592634
Tracey.Becker@sunlyn.co.za
PO Box 95104 Grant Park, 2051
29 Scott Street, Waverley, Johannesburg, 2090

sunlyn
the machine
at the heart of service



AUTHORIZED TRAINING FACILITY

SOUTH AFRICA