

PH EMBASSY NAIROBI SUPPORTS ANTI-VAW CAMPAIGN THROUGH SELF-DEFENSE TRAINING



Nairobi PE personnel and the instructors pose for a photo after the awarding of Certificate of Participation.

NAIROBI, 09 December 2022 – The Philippine Embassy in Nairobi underwent a two-day self-defense training on 06-07 December 2022 in support of the 18-Day Campaign to End Violence Against Women (VAW) and as part of the Embassy's Gender and Development (GAD) program.

The training, which was conducted by Master Ernest Madanji of the Kenya Taekwondo Academy, provided the Embassy personnel with a briefing on safety and security awareness and introduced them to basic self-defense techniques, including escaping from various types of grips and responding to different attacks on the body.

During the briefing, Master Madanji stressed that one's gut feel can be an early warning sign of impending danger, and that mental alertness is the key to surviving harmful situations.

Master Madanji explained that threats to personal safety and security can emanate not only from the streets and public spaces, but can also occur in homes, as with the

case of domestic violence particularly against women and children. He added that crucial to self-defense is being able to recognize and accept that one is facing violence and abuse.

By virtue of Republic Act 10398, the 25th of November of each year is designated as the National Consciousness Day for the Elimination of VAWC. In 2006, Proclamation 1172 extended the national campaign to 18 days, up to 12 December, a historic date that marked the signing of the 2000 UN Protocol to Prevent, Suppress and Punish Trafficking in Persons, especially Women and Children, to supplement the UN Convention Against Transnational Organized Crimes.

The 18-Day Campaign to End VAW supports the Philippine government's goal of safeguarding the human rights of women and girls by upholding its commitment to address all forms of gender-based violence. END



Master Madanji demonstrates various methods to defend oneself against potential dangers.



Embassy personnel practice the self-defense techniques and methods taught by Master Madanji.