



I waited for 2 years to join the Personal Protection Programme (PPP) for Ladies due to conflict in time schedule. I am thankful that Jean and I did not give up trying to find a time that fits. The course did not disappoint me at all.

Now I understand the difference between martial art and self defence training. PPP is a programme that focuses on teaching all ladies a set of effective and practical street survival skills, maximising one's chance to escape an assault. PPP not only taught me how to fight, but also taught me how to prevent being a victim and defend only when being attacked. In short, it is street-smart savvy techniques that are crafted for the normal "Jane".

Master Jackiie Ng, a martial art teacher with over 20 years of experience, taught us the self protection techniques or close quarters combat which he developed and taught to the Singapore Police Special Force Contact Tactics Department. It is a type of fighting which engage the opponent with personal weapons at a very short range, potentially to the point of hand-to-hand combat.

The best thing about PPP is that it does not need to take years of experience to learn these skills – just the desire to protect oneself. Also there is no need for any previous experience in martial art.

Every Saturday night I would walk out of the training centre in King's George Avenue with powerful techniques that I could put to immediate use. From Master Jackiie, I have learned where to hit (eyes, ears, throat and groin), how to hit (full body weight striking through the target), how to block, how to break fall, how to guard, what to strike with (palms, fingers, elbow, forearm, shin, knee), and how many times to hit (to

avoid being labelled a murderer). The only regret that I have is not being able to practice one body weapon – teeth.

To assess our survival skills, Master Jackiie carried out two tests – one mid-term and one final term assessment. Though it was quite stressful and exhausting for us to undergo 3 scenarios, I must say Maxine, Oi Ee and I learned much more through these experiences (at least we now know stepping on the foot inflicted lots of pain on the RED Man).

As we viewed how we defended ourselves on the videos, we are able to see how inexperience we were in dealing with the different situations. Basically I believe, due to inexperience, we were a little too scared and frightened that we forgot to apply “C4” – vision, breathing, balance, mind. Master Jackiie has repeatedly emphasized “C4” to us throughout all our lessons.

I have much fun learning and sparring with my team mates, especially with Ah Max, our little terrorist. Her sudden outburst often caught us off guard. To pay back, we did spring some surprise attacks on her during our drills. The most unforgettable times are those involving Master Jackiie. In order to let us know how much pain we will inflict on our attackers, all of us will have to let him demo the strike, grip or lock on us. His “shin” disarming method was really extremely painful (he did 3x on me at a speed I have no time to react), his side kick sent me flying across the room (luckily Jean was there to catch me), and his strangling lock on my throat left me with sore throat for one week.

PPP has given me some confidence and ability to protect myself by using counter measures to ward off would be attackers in any situation involving hand to hand or weapons such as knives. The programme is interactive with a combination of situational role-plays that builds one’s confidence to react under threatening conditions.

Personally, I find PPP approach much more realistic and practical for real self defence. I looked forward every week to learning something new from Master Jackiie which I can do to protect myself and my loved ones.

Yes, make the right choice and be prepared to handle any adverse situations.

Last but not least, I want to thank Master Jackiie and Jean for their unselfish sharing of their knowledge and skills. Both of them are very humble and approachable. They took time to answer all our queries and impact love, peace and harmony to us. Special thanks to Master Jackiie for taking extra precautions because of my existing injuries. I could feel his love and care for his students during the final term assessment when he fought with much restraint.