



Mark Grobbelaar began karate at the age of nine and holds the grade of 6th Dan. He also rose to the top of his game earning his provincial and national colours numerous times and represented South Africa in international competitions. His life journey and over 40 years of martial arts experience lead him to become the founder of a revolutionary concept to help give women their power back.

“The course of my life changed after a friend of mine, Alison, was abducted outside her home, raped, her throat slit 16 times, her body disembowled and left for dead in 1995,” he says. “Alison and I met in London before the attack and reconnected later, where we spoke about her ordeal.”

“I realised that she had made some bad choices because she just didn’t know any better, she didn’t know all the options and didn’t know “The rules”, so, I wrote a thesis for my 5th Dan karate grading on “Self-defence for Women”. Alison contacted me after reading my thesis and said that if she had done what was suggested, she would never have gone through her ordeal.”

Thus, Women INpowered (WIP) was born. WIP is not “self-defence” as understood by most people, which is totally useless if you are not prepared to invest the many hours of training that is required.

WIP is an extremely simple, easy-to learn, yet devastatingly effective self-INpowerment system that has been designed specifically for Women to give them the ability to make a choice when they find themselves in a threatening situation. Mark tries to breed an intrinsic awareness in Women to know what their choices are and to literally break through any doubts they have about themselves and their ability to act.

In each course, Mark asserts that in a threatening situation there are only three things you can do which are the only three human reactions to trauma:

**Fight, Flight or Freeze!**

While fighting is an art and cannot be taught in a short period of time, through a WIP program, a woman understands that she has the capability to immobilize anyone, no matter her size, strength or level of athletic ability. Various theoretical concepts are also worked

through and by understanding these simple concepts, we believe that most dangerous situations can be avoided.

Miss Universe, Demi Leigh, accredits WIP for her being alive after she was in an attempted high jacking shortly after completing the program.

“It’s simple.” says Mark, “If you don’t think you can, you can’t!”

Mark has dedicated his life to crusading for Women to become aware, not only of the dangers out there and what poses a threat, but of their own power within to make a Choice! The stories of people, like Miss Universe, who have contacted Mark long after having attended a WIP course, consistently pour in and serve to fuel Mark’s fire. Their collective voice of gratitude resounds as they have lived to tell their stories of survival and victory. The programs are also not only about physical triumph, but emotional breakthroughs. Mark is transforming lives with his impactful and carefully designed programs which have thousands of women applauding and telling their transformative stories. He is determined to continue to add value to as many Women as possible.

What an INpowered legacy he is creating!