

KARATE GRAND MOTHERS, NAIROBI - KENYA

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LEAD

Karate and Kung Fu, fighting techniques that are usually done by young people for sports or pleasure.

But not in the Kenyan capital Nairobi.

There a group of elderly ladies is using it for self defence, after a spate of rape cases.

These karatekas live in the slum Korogocho, which is notorious for its high crime rate.

Insecurity related to poverty is a general problem in Kenya,

and it can easily turns against the weak, like the elderly.

But not in Korogocho anymore.

Any bad guy trying to approach a grandmother can and will be dealt with.

BETA LENGTH 2'00"

SOUNDBITE WANJIKU GIRONTHE GIVING KARATE KICKS

Eventhough she says to be over 100 years old,

Wanjiku Gironthe is happy to attend her weekly karate lessons.

GLADYS WANJIKU, karateka (9 secs, Kikuyu)

I go to my garden all alone.

I need this techniques because a young man might come.

So I can beat him if he tries to rape me,

and I know where to hit.

Wanjiku feels a lot safer outside nowadays.

Here in Korogocho 150,000 people live in squalid conditions.

Robbery and rape are rampant, but no one can do something against it.

But when violence turned against the elderly, they formed a self defence group,

and Sheila Kariuki was hired as their trainer.

SOUNDBITE TRAINER YELLING

SHEILA KARIUKI, trainer Streams of Hope and Peace, (7 secs, English)

There was a clique of young boys who raped the old women,

and later brutally murdered them.

16 grandmothers attend karate and kung fu training.
Although the first technique is to yell off attackers.

SOUNDBITE YELLING

No!

Then the grandmother learn karate kicks.
which don't require a lot of force.

SHEILA KARIUKI, karate trainer, (9 secs, English)
We tell them that it's not the force that you use.
It's the accuracy and knowing where to hit.

SOUNDBITE GRANNY HITTING

73-years old Mary Wangui chased away an attacker by yelling.
Otherwise she would have known what to do.

MARY WANGUI, karateka, (8 secs, Kiswahili)
You hit him in the eyes, then on the nose.
You kick his groin, and then he's finished.

Also she tells that young men target elderly ladies because they fear HIV.

MARY WANGUI, karateka, (10 secs, Kiswahili)
They'd rather go to a grandmother like me with no partners.
Then to a young lady who might be exposed.

Mary with her bold action became an shining example...
They will need it since the danger in Korogocho won't go overnight.

SOUNDBITE KICKING GRANNY

shotlist:

All footage shot by Ruud Elmendorp in Nairobi, Kenya, 31 January 2010

SEQUENCE 1, Korogochu estate, Nairobi, 31 January 2010
- soundbite Gladys Wanjiku giving karate kicks
- shot Gladys Wanjiku giving karate kicks
- SOUNDBITE 1, GLADYS WANJIKU, karateka (9 secs, Kikuyu)
I go to my garden all alone.
I need this techniques because a young man might come.

So I can beat him if he tries to rape me,
and I know where to hit.

SEQUENCE 2, Korogocho estate, Nairobi, 31 January 2010

- Gladys Wanjiku walking on the street in Korogocho
- general view street Korogocho
- kiosk on street in Korogocho
- group of elderly ladies seated
- close face Gladys Wanjiku
- trainer Sheila Kariuki giving a yell
- SOUNDBITE 2, SHEILA KARIUKI, trainer Streams of Hope and Peace, (7 secs, English)
There was a clique of young boys who raped the old women,
and later brutally murdered them.

SEQUENCE 3, Korogocho estate, Nairobi, 31 January 2010

- Sheila Kariuki giving karate kick
- old lady watching
- soundbite group elderly ladies giving yell
- Sheila Kariuki hitting eyes of assailant
- SOUNDBITE 3, SHEILA KARIUKI, karate trainer, (9 secs, English)
We tell them that it's not the force that you use.
It's the accuracy and knowing where to hit.

SEQUENCE 4, Korogocho estate, Nairobi, 31 January 2010

- soundbite grandmother hitting
- grandmother kicking
- close Mary Wangui getting instructions from trainer, tilt down to her arm
- SOUNDBITE 4, MARY WANGUI, karateka, (8 secs, Kiswahili)
You hit him in the eyes, then on the nose.
You kick his groin, and then he's finished.

SEQUENCE 5, Korogocho estate, Nairobi, 31 January 2010

- faces two elderly ladies staring
- SOUNDBITE 5, MARY WANGUI, karateka, (10 secs, Kiswahili)
They'd rather go to a grandmother like me with no partners,
then to a young lady who might be exposed.

SEQUENCE 5, Korogocho estate, Nairobi, 31 January 2010

- Mary Wangui giving training
- general view Korogocho
- soundbite grandmother giving karate kicks

//ENDS

