



## Debi Steven - Bringing excellent tuition and 20 years experience of karate and personal safety to thousands in London and many adults and children in Richmond



*When 3rd Dan black-belt karate instructor Debi Steven, arrived in Richmond from South Africa 10 years ago she had £47 in her pocket. Since then, she has built up three successful*

*businesses, 2 teaching karate and the third teaching personal safety and physical self-defence skills to children and adults in Richmond.*

In South Africa, Debi represented the Springbok "all styles" karate team and competed at both a national and international level. She has trained and competed in South Africa, USA, Japan and England.

When Debi, (or to give her the correct and respectful title, Sensei Debi), arrived in Richmond from South Africa ten years ago she was surprised how many style based karate clubs had children of 4 years old training with teenagers and often adults. "When I moved to London I realised that no one was teaching such young children in their own structured classes. Some karateclubs mix all age groups but I felt young children would find this too hard." Sensei Debi has always believed it is important to get children active and interested in sport from a young age but often there is



not a lot of choice for the under 6s. So Debi set up **Pee-Wee Karate** to teach karate to young children from 3 to 6 years. Sensei Debi believes that karate teaches children to have confidence, discipline and inner strength. She believes that the mental strength karate develops is essential in today's society where so many teenagers are aggressive. It is this mental strength that will help them not being seen as an easy victim.

### Karate for the very young

Sensei Debi set up Pee-Wee Karate in Cape Town nearly 20 years ago and has run **Pee-Wee-Karate** in London for nearly 10 years. **Pee-Wee Karate** is the first and the longest running business that specialises in teaching children from 3-6 years old. The classes are very much aimed at the younger child. "I'm very specific with my classes because I think under 6's would find it difficult to keep up with older children", says Sensei Debi. The classes are half an hour, once a week, and the children learn in a fun environment structured specifically around them. It is often the first sporting experience so I feel it should be a positive one."

### What makes Pee Wee Karate so popular?

"I am passionate about what I do and I think this shows! And as the business has successfully grown in London over the last 10 years, I've needed to take on more instructors." Sensei Debi now has a 'hand-picked' team of dedicated instructors - all of whom are fully insured and CRB checked. All instructors of **Pee-Wee Karate** have trained under Sensei Debi since they were white belts. Having this large and committed team is one of the things that make **Pee-Wee Karate** the right choice for parents.





### What happens when they turn 6?

Classes don't stop once a child has turned six. "After this age the children can carry on training at the same venue and with the same karate 'family'. I have many children now that I have been teaching since they were 3, 4 or 5 (over 7 years of karate training) and are now about to grade for their black belts!" Sensei Debi also runs **Funakoshi Shotokan Karate** schools which teach children over 6, teenagers and adults. She also runs 2 very successful mums only classes and a family class on Saturdays in Kew Gardens.



### What is Funakoshi Shotokan Karate?

Shotokan Karate was developed by Gichin Funakoshi, widely regarded to be the father of modern karate. Shihan Kenneth Funakoshi founded **Funakoshi Shotokan Karate** in the USA in 1987 and Sensei Debi set up classes in Richmond nearly 10 years ago. She draws on Shihan Funakoshi's wisdom and expertise to offer an exceptional karate experience.

**Funakoshi Shotokan Karate** believes that good karate is more than just physical, and that all beginners must be taught the importance of character building through discipline and rigorous training. This begins by perfecting techniques through repetition, and the spirit to fight is achieved as one gains more confidence. **Funakoshi Shotokan Karate** can benefit the whole person – mind, body and spirit, by strengthening all aspects and bringing them into better harmony. The instructors at **Funakoshi Shotokan Karate** are fully trained, and all are members of the A.M.A (Amateur Martial Association). They are dedicated martial artists, committed to instilling skill,



ability and confidence in all of their pupils. She firmly believes that karate will build mental strength which is vital for children growing up in today's society. Karate is a great sport for all children, whether they're outgoing or lacking in confidence.

Debi Steven is also one of the most respected self-defence instructors in the UK. She is the founder and director of **Premier Self-Defence Ltd.** Her personal safety company is NOT martial arts based but rather focuses on the reality of personal safety and street self-defence. Her courses provide practical personal safety awareness and self-defence courses for women, men and children. One of the central beliefs is that everyone should empower themselves with sensible, effective and easy to remember techniques. Most people think "Don't fight back as you will make him or her angry." Yet statistics show that **4 out of 5** women who fight back get out of a situation! The motto of **Premier Self Defence** is: "**Give yourself an option!**" You don't need to have any martial arts experience to learn these skills. The courses are specifically designed for the everyday person and cover a variety of topics such as: personal safety talk & safety in daily life; as well as a range of easy to remember and highly effective physical self-defence techniques. Sensei Debi says "well taught self-defence training teaches you simple but extremely effective techniques that can reduce the risk of suffering serious injury from an attacker"



To find out more about Pee-Wee Karate, Funakoshi Shotokan Karate or Premier Self Defence, contact Debi on 020 8940 8958 or visit [www.peeweekarate.co.uk](http://www.peeweekarate.co.uk) [www.premierself-defence.co.uk](http://www.premierself-defence.co.uk) [www.fskauk.co.uk](http://www.fskauk.co.uk)