

**DUN LAOGHAIRE RATHDOWN COUNTY COUNCIL**

We, Conor and Orna O'Brien, are applying for Planning Permission for a single storey extension of 2 sqm to the front elevation to form a new entrance porch, 69 sqm two storey extension to the side & rear and 2 roof lights to front elevation at 23 Orby Close, The Gallops, Leopardstown, Co. Dublin.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority, County Hall, Dun Laoghaire during its public opening hours - 10.00am - 4.00pm, Monday to Friday, excluding Public Holidays. A submission / observation in relation to the application may be made to the authority in writing on payment of a fee of €20 within the period of 5 weeks beginning on the date of receipt by the authority of the application.



CLAWS OUT: Geraldine Comiskey learning self-defence

**SUNDAY WORLD**  
A REAL IRISH SUNDAY

Reader Offer

**Must have car essential Car Accident Kit**

You never know when you are going to be involved in a traffic accident.

Be it a small tip in the shopping centre to a rear end shunt up there are a few essentials that can save a fortune in money and a lot of valuable time.

Our essential accident kit fits neatly in a glove compartment consists of a two part accident report form. Camera, measuring tape, pen and chalk to mark the road area, and comes in a neat wallet.

This essential pack is a must for every car driver and will cut down on messy insurance claims and counter claims.

Hopefully you will never have to use the kit but if you are involved in a collision you will be glad to have this small pack to help you cope.



**SEND YOUR CHEQUE / POSTAL ORDER/ CREDIT CARD TO:  
SWK Offer, Sunday World, 27-32 Talbot Street, Dublin 1.**

Product	Price	Media Code	Delivery	Total
Car Accident Kit	€20.00	SWK	€2.50	€22.50

Mr/Mrs/Ms First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Card Number:

Expiry Date:     Security Code:       (The last 3 digits on the back of the card.)

**EXCLUSIVE / OUR REPORTER GETS A**

# A DING-DONG MERRILY ON HIGH

**Learn how to use those festive killer stilettos in self-defence**

**GETTING mugged is not my idea of a perfect end to a night on the town.**

After a few hours on the tiles, the last place I want to end up is on the pavement. And a scrap with a vicious thug is the last thing on my mind when I'm dressed to kill.

But when two blokes offered to teach me how to fight in high heels, I couldn't resist. It's a skill every girl should learn because that's what we're likely to be wearing when an attacker strikes.

"Chances are you won't be dressed for action in a karate suit or sensible shoes. You'll be walking home alone from a nightclub or looking for a taxi," says self-defence instructor Patrick Cumiskey.

"That's why you need to use what you have - your stiletto heels, your nails and your handbag."

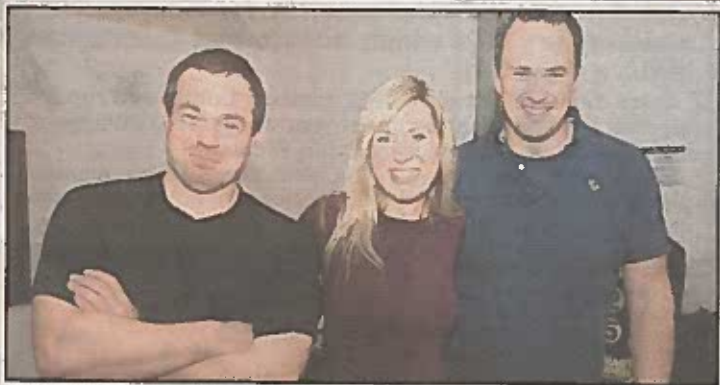
**Fighting**

Patrick (41) and trainee instructor Dave O'Sullivan (35) teach Krav Maga, a form of fighting invented by the Israeli secret service for conscripts, including female ones.

"Because the Israeli Army conscripts women, they have developed a way of fighting that is not just for macho men," Patrick explains. "You don't need to be strong or spend years perfecting your technique."

He said they wouldn't teach me to fight like Charlie's Angels. "But we will teach you an easy, quick and practical way to look after yourself." It's a martial art practised by Britney Spears and J Lo, who learned it so her fight scenes in the film *Enough* would be realistic enough.

Patrick himself has taught it to Irish crime novelist Patrick Connelly, who used it in his fiction. And he's even had a call from U2 drummer



FIGHT CLUB: Geraldine with the lads in Bow Lane who teach self-defence

**By GERALDINE COMISKEY**

Larry Mullen. "He said he was coming to me for lessons, but he didn't follow through."

But most of the people who come to his classes in Dublin's Bow Lane Studios are people who don't have bodyguards, including some who face danger at work.

"I get a lot of barristers and solicitors. One lawyer got attacked by his client. Prison officers and even gardai come to me, they pay for the lessons themselves. The guards told me what they learned in Templemore wasn't enough."

Chemists and doctors also learn the technique so they can cope with raiders looking for free methadone.

He has also taught members of the Irish Army Ranger Wing and former French Foreign Legionnaires who work as bodyguards.

Patrick himself is a psychotherapist, and only took up Krav Maga because he didn't feel safe on the streets of Dublin. "I was living in New York and came back to Ireland in 1997 and 1998 - it was a shock. I realised that Dublin was now more dangerous than New York, or even Rio, which I had visited."

"I already had a black belt in karate but I knew it would be no use

to me against people who don't stick to the rules."

He trained in the UK, the US and Israel, where Krav Maga is a way of life. "The Israelis have all been in the army so they're expected to be able to mind themselves."

There are just 200 Krav Maga instructors outside Israel, but Patrick is hoping to train a few more instructors in Ireland to cope with demand. "There are people all over the country who want to learn," he points out.

**Defend**

The course, which costs €195 for 17 hours, takes place over a weekend. "After that, you are completely ready to defend yourself," he says.

In less than an hour, he taught me how to fight two strong men, without breaking a fingernail.

My first lethal tactic was 'the shredder' - I had to scratch Dave with both hands as he tried to strangle me. His hands soon left my neck as he was forced to protect his eyes from my manicured claws.

Patrick also demonstrated how to rip a gurrrier's face with a car key, though we stopped short of doing it for real. "In 90 per cent of cases, research has shown that people who fight back survive."