

Rayana and Ferial are kickboxing champs but also love getting dressed up and going dancing

Child kidnappings are on the increase, say the sisters – so they've launched a special project to put an end to this and other crimes

tAKE a look at this gorgeous pair and you'd be forgiven for assuming they're models. But don't cross them or you'll more than likely end up on the floor after they've tossed you over their shoulders.

Sports-mad sisters Rayana (27) and Ferial Ameerodien (23) have in fact done a bit of modelling but for them nothing beats the thrill of getting into a boxing ring and slugging it out in (almost) no-holds-barred Muay Thai matches.

And it's not just a hobby. Both have won South African championships and share a determination to train South African women and children in the art of kickboxing.

Rayana, who became SA Thai Boxing ladies bantamweight champion in 1998, has trained hundreds of women – including Ferial – in kickboxing and self-defence since opening her own training academy six years ago. Now they've launched an ambitious school programme they hope will eventually empower children across the country.

"Not a day goes by without a story in the news about kids being abducted," Rayana says. "We need to educate our children because we can't be with them all the time. Some kids have to walk home from school and can end up in potentially dangerous situations. We need to prepare them to get out of those situations."

Rayana and Ferial are launching the Kickboxing for Kids Life Skills Programme in township schools in Cape Town and hope eventually

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Pictures: Megan Williams



They're
knockouts!