

JOHN OLIVER SECONDARY SCHOOL

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Zenergie Holistic Health & Fitness Ltd.
c/o Christian Heno
2986 Point Grey Road
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To Whom It May Concern:

Mr. Christian Heno taught a four lesson unit of basic self-defense with three grade 10 boys' classes at John Oliver Secondary School.

During these lessons, Mr. Heno conducted himself in a professional manner. He was punctual, prepared, and focused. At times, the students would test his patience and in turn they were met with humour and respect.

The individual lessons were well planned and thorough, with an introduction, skill development, application, and a review. The unit was taught with natural progressions that were basic yet challenging for the students. Safety was always of the highest priority. Throughout the lessons, Mr. Heno ensured that the stronger students were challenged and yet reserved time to provide for the weaker students extra instruction.

As a physical education teacher, I am impressed with Mr. Heno's knowledge and teaching ability. Mr. Heno is personable and is able to develop a good rapport with the students.

I look forward to employing his services in the future and would recommend his program to anyone interested in self-defense.

Sincerely,



Mr. Zhi Su

John Oliver Secondary
Physical Education Teacher