

# POINT GREY SECONDARY SCHOOL

5350 East Boulevard  
Vancouver, B.C. V6M 3V2  
Telephone: (604) 713-8220 • Fax: (604) 713-8218

May 10, 2005

To Whom It May Concern:

I am a teacher at Point Grey Secondary School and I contracted Christian Heno of Zenergie Holistic Health and Fitness to teach a self-defense course to my senior girls' fitness class. The course lasted for 8 classes from February to May 2005.

The self-defense course was well developed and was hands on. Each class the students were extremely active learning new techniques such as blocks, deflections, punches, kicks, etc. He also explained the psychological aspects of self-defense.

Christian is a very organized, dependable, and punctual instructor. His knowledge in this subject area is superb. He clearly demonstrated and broke down each technique into simple steps for the students to learn. He communicated very clearly and gave direct feedback to each student. The girls were able to maintain focus and stay on task.

The course was very helpful for the girls. They've gained a lot of confidence and are much stronger for it. I think this was a valuable course and would recommend it to other teachers.

Yours truly,

  
Julie Douglas