

# PRINCE OF WALES SECONDARY SCHOOL



2250 Eddington Drive  
Vancouver, B.C. V6L 2E7  
Telephone: 604-713-8974 • Fax: 604-713-8973

November 2, 2005

Mr. Christian Heno  
2986 Point Grey Road  
Vancouver BC V6K 1B1

To Whom It May Concern:

**Subject: Self Defense Classes @ PW**

Mr. Heno taught 4 classes for my Grade 11 "Fit For Life" girls class in September of this year.

All of the classes showed a logical progression from basic concepts of self defense: being aware, and keeping distance, and then progressed to how to actively deflect and protect if aattacked. He discussed and demonstrated the situations, and then the class practiced the concepts. The classes were active and informative. Handouts were provided for each class and provided additional information for the in-class topics.

The classes enjoyed the lessons and were actively involved during class time.

Should further information be necessary, I can be contacted at the school.

Sincerely,

A handwritten signature in cursive script that reads "Mary-Jane Garvin".

Mary-Jane Garvin  
Department Head, Physical Education  
Prince of Wales Secondary School

