

## **ABOUT SYDNEY SELF DEFENCE CENTRE**

Hi, my name is Sharon Quintal,

I am a mother of three children, two of which have attended the Sydney Self Defence Centre since September 2003 (my youngest will start in the not too distant future).

I originally thought it would be a good idea for my children to start training at the Centre for a few reasons, least of which was the self defence aspect (in this day and age I was and still am very concerned for their safety), exercise and activity were other motivations (get them out of the house away from the TV, computer, TV games, etc).

My eldest son has been a Type 1 diabetic since he was 4 (he's now 15) and was putting on weight. Being a diabetic meant that losing weight could be difficult and this was another contributing factor in sending my children to the Self Defence Centre.

In the 4 years that my kids have been attending the Centre, I have since learned that Kung Fu and exercise are not the only things they are taught there. They are taught to respect one another (from the young to old), learn about nutrition, their bodies and how they function, discipline, patience and to have a positive outlook (can't and won't are words you will not hear at the Centre). They are encouraged to do their best for themselves and others at all times.

The instructors at the Centre are highly qualified, well liked and respected by all who attend. The children respond very well to their patience and kind instruction. Laughter is also a regular feature in the lessons – having fun is just as important as the learning, training, discipline and exercise.

Chris and his wife Jodie (Jodie is a nurse – what a bonus!) are a wonderful team and they give 110% to all the kids who attend. They are committed to helping the children and show a clear passion for what they are doing. This flows through to all the other instructors and children alike. The atmosphere at the Centre is always positive, happy and cheerful – what a great place for your kids to spend some of their time!

As the kids progress through their training and reach higher levels, they are able to take up the role of instructor for the exercise portion of the lesson - in other words they put the class through their warm up/stretching exercises (under the guidance of the instructors themselves). It is great to see how their confidence grows when they are given this opportunity and being such a great school (more like a big happy family) it is fantastic to see kids and adults working together, giving each other support and encouragement. It is not uncommon for a higher graded adolescent student to give help/instruction to an adult who needs help to achieve a higher level (what a boost to their confidence levels!).

My son used to find it difficult to make friends and relate to his peers but I can say he has grown into a fine young adolescent who now has the ability to relate not only to his peers but adults as well. Members of my extended family are commenting on how open he is now and ready to talk and join in with others (something he found difficult as a young boy). My daughter has also learned to communicate more easily with her peers and adults alike.

As my children have grown and progressed through their training at the Centre, I can say, in all honesty, that this has been one of the best decisions that I could have made for my children.

As a mother, I cannot recommend to you highly enough, the benefits of your child/ren attending this school. If you are just looking for your child/ren to learn how to beat someone up before they get beaten up, then this is not the school for you. If, however, you want your child to gain a better understanding of themselves, their bodies and the people around them, then this is the place – do not hesitate – your kids are worth it!