

The Self Defence course run by Chris has been an extremely important part of our Pastoral Care policy. He is a most enthusiastic, knowledgeable and supportive instructor who holds the attention of all our students over the two hour period. His message is clear and vital to the self awareness of our senior students. Our girls participate enthusiastically in all the self defence steps and finish tired but more confident and aware of the possible dangers around them. They are also much more fully informed about the processes involved to keep themselves out of harms way. He conducts each session in a practical manner that is fun for all students. We have engaged Chris' services for the past five years at Cerdon and will continue to do so for the foreseeable future.

Andrew Moody
Yr 12 Guidance Coordinator
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