



**Chris Futcher-Coles** is the Founder, Senior Educator and Chief Instructor for the Sydney Self Defence Centre in Marrickville. With 32 years experience in Protective Behaviour, Self Defence and Martial Arts, Chris leads 300 students at the full time, professional Marrickville Centre. In 2006 he and his highly qualified team taught and lectured to over 7,000 school children, men and women on all aspects of Empowerment, Personal Safety, Protective Behaviour and Self Defence throughout NSW.

Chris helped draft the 'Child Protection and Child Safety Protocol' for the Martial Arts Industry Association in Australia. He is a Master/Shifu in the Internal Kung Fu Style 'Yi Quan' and 'Wuxin Qigong'.

Chris is a Government Accredited Level 2 Coach with the Australian Coaching Council, is Vice President of the Australian Health Qigong Association, was past NSW Chairman of the Australian Kungfu and Wushu Federation, is a qualified VETAB Certificate 4 in Workplace Assessment and is trained in Risk Management and Assessment.

Recently Cumberland Newspapers honoured the Sydney Self Defence Centre with 2 Awards, Winner 'Health & Fitness' 2006 and 'Business Achiever of the Year' 2006

