



SPRINGS GIRLS' HIGH SCHOOL
SELF-DEFENCE WORKSHOP – KRAV MAGA
WITH ANTHONY SEGAL
HELD ON 6 DECEMBER 2016

FEEDBACK:

On behalf of the staff of Springs Girls' High School, I would like to thank Anthony for a most enjoyable, but more importantly, a most helpful and worthwhile course.

The workshop was relevant and we were impressed at how easy and effective the techniques were that were demonstrated in defending oneself.

There were only positive responses by the staff towards the workshop and to the manner in which Anthony presented it – he was both professional and personable.

We will definitely be considering a refresher and/or follow-up course for next year.

Yours faithfully

Heather Jones
DEPUTY PRINCIPAL