



**SOCIALIST REVOLUTIONARY  
WORKERS' PARTY**

15 February 2019

**Letter of Recommendation: Group Self-Defence Training by IDEFEND**

To whom it may concern,

Anthony Segal and Philip were employed as trainers for an Introduction to Self-Defence and Marshal Training course with this organisation from 13 to 19 January 2019.

Their job of teaching the basics of self-defence and marshal training carried the responsibilities of basic physical fitness training, introduction to self-defence, events marshalling and basic security training for a group of 92 participant. Anthony and Philip displayed expert proficiency in the aforementioned areas of training.

Both trainers were dependable, good communicators, interactive, personable and receptive to the groups' needs and context.

We would contract their services in the future as they provided the services we were looking for and created an encouraging training environment for the group. We achieved good results and delivered on our expectations.

Regards,

Azwell Banda

On behalf of the National Working Committee  
Socialist Revolutionary Workers Party

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