

Ever felt left out? Not "good enough".. Too big... Too small... "We have enough players on the team... Maybe Next game...?"

IDEFEND, A TEAM who includes everyone, making each and every individual feel important, teaching, showing and growing, making a difference in peoples lives and bringing out hope and positivity.

A recent letter from a parent wrote to the IDEFEND Team and had this to say:

8th November 2019

To Whom It May Concern:

Re: Anthony Segal

About 2 years ago we were looking for a new Private Fitness Coach for our then 9-year-old son. At that time, we had just parted company with the last of a string of Physical Fitness Coaches, each one promising that they were "the one" who would best be able to teach our son everything he would need to know about fitness in general and self-defence in particular. Unfortunately, none of them was able to deliver on their great promises. It wasn't because we were too picky, it wasn't because they had no experience in their field, rather it was because our then 7/8-year-old son is on the Autistic Spectrum. It wasn't that they didn't know this in advance, they did, it was just that they did not have the extra ability to teach their chosen field out of the box.

So as you can well imagine we were introduced to Anthony, thinking "well let's see what he promises and how long was he going to last". How wrong we were. Anthony came with no fancy promises of him being "the one". Neither in the field of general fitness nor with his specific ability to teach Krav Maga.

He specifically told us that he wouldn't promise anything other than his willingness to try and after that to see what we thought. We were out of options and despairing of someone worthwhile to work with so we said ok let's have a month's trial. That way we knew we wouldn't be obliged as we had been in the past.

Well, we can honestly say that from the first moment that our son locked eyes with Anthony it was a case of "love at first sight". Usually, with kids on the spectrum, people try to pull them into the neurotypical world and that's when most things flounder. Not so Anthony. Rather from the word go we saw how he was able to connect to our son IN HIS WORLD. We had seen how other Coaches had not been able to teach our son "out of the box", but with Anthony, we quickly saw that there was no box.

Through empathy, caring and total commitment Anthony was himself able to enter the world of our 9-year-old Autistic child.

Now 2 years later we have an 11-year-old son who is not only extremely physically fit from the amazing fitness program that Anthony developed for him, but he has also mastered many Krav Mega techniques, knowing when and what to do to defend himself in various situations and to top it all off he swims and dives beautifully as well. You can only imagine how his self-awareness and self-worth has soared as well.

Eli Tzadik

Should you, your child or someone you know like to be part of an incredible team, please contact IDEFEND.

We look forward to hearing from you.

www.idefend.co.za