

# The Urban Ruins

"Free space, Free to play, Free to be"



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Dear Kim Allan Macsteel representative

23 October 2018

Urban Ruins project Centre would like to take this opportunity to thank Macsteel and Mr. Siegal from I Defend for the life changing self-defence course.

In the beginning the children were quite timid but very attentive. At the end of the workshop the children had a light in their eyes and a confidence in their voices and their ability to defend themselves from Bullying or a possible attack.

The focus of Idefend, which is to protect oneself and not attack people made huge impression on the children many of our youths are faced with Bullying and attacks daily in the environment they live in.

The course made a social impact in that some of our boys who are generally aggressive and argumentative, calmed down. Some have already faced some challenges especially bullying and have handled the situation in a calm but sturdy manner that has made us proud.

We hope to learn more about defending ourselves and learning tools to survive in our environment.

Thank you

Kind regards

Leigh Ingle

Chief Operating Officer

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