



Brookfield Central High School

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To Whom It May Concern

Safe International has always been an extremely beneficial experience for the females in my gym classes. I would like to thank Bill Stedman & Malissa Misch for coming to Brookfield Central High School (BCHS) to introduce our students to proper self-defense techniques. Through the three days of instruction, my students are able to accumulate knowledge and skills they need if they were involved in a potentially dangerous situation.

To begin our three-part session, MK Protection Strategies SAFE International sent two professional safety instructors to BCHS for an introductory personal safety class, using hand bags, and partner techniques. This day informed the students what they should do if to diffuse an escalated encounter and how to deliver a strike to counteract a simple attack.

The second session got more in detail with specific counter attacks in a variety of situations and positions. In addition to hitting strike pads and large bags, Bill himself (wearing a protective suit) allowed himself to be attacked so that the students could use their skills on an actual person. It is a very powerful tool and one where you can see the student's really come into their own.

The final day of instruction drives home the initial instruction and is a real confidence builder for the students. The majority of the time is spent on students demonstrating what they learn in various role play situations. They have to evaluate a situation and react quickly to remove themselves safely from any harm. The role plays are not comfortable for the students, but nor will any situation where they would actually have to use these skills.

I look forward to continuing my relationship with MKPS SAFE International and give them my highest recommendation for teaching students the basics of self defence. I encourage any physical education teacher in the High-School and Middle-School level to look into working with them.

Sincerely,

Joel Nellis
Physical Education & Health Department Leader
Brookfield Central High School