

October 2009

To whom it may concern,

We at St Kevin's ASN School would like to endorse the input provided by Bryan McCann and the Karate sessions he delivered so enthusiastically to some of our pupils.

We found the children very receptive to Bryan's easy manner and encouraging style of teaching.

His arrival for Karate sessions was always eagerly anticipated by both children and adults alike.

All were highly motivated to participate and do their personal best each week.

Children who, with some difficult personal challenges ranging from ADHD, language and communication difficulties, autism, co-ordination and balance problems, behaviour management issues to crippling shyness and over anxiety in many aspects of their daily life were all making great efforts to focus on and execute some of the moves demonstrated by Bryan.

The Karate sessions helped develop listening skills, in particular, the ability to follow directions. They helped lessen impulsiveness as well as improving co-ordination and balance.

The children have thoroughly enjoyed all the fun.

The jumping, shouting, punching and kicking have provided a legitimate and safe outlet for venting frustrations and reducing stress.

All the children got the message that Karate was not to be used for bullying but rather it promoted non-violence, good manners, showing courtesy and displaying mutual respect. It has been a great success and we hope the children endeavour to pursue it out with school.

Yours Faithfully

Moira McKay
Principal Teacher
St Kevin's School