



December 2013

Gus Hornsby – African Shield Combat:

Gus Hornsby and his self-defence team conducted an eight week course at Epworth for our Grade 12 pupils as part of our Physical Education programme.

The course was well run and it equipped our girls with self-defence skills for the rest of their lives. The main emphasis was on the awareness of one's surroundings and also how to avoid dangerous situations. However, the remainder of the course was to give the girls skills, using the natural weapons on their bodies and looking for the target areas on their attackers.

Gus always brought his "team" from his Africa Shield Combat School. The purpose of this was to give the girls the physical experience of defending themselves and to put them in simulated dangerous situations.

He also issued comprehensive notes at the end of each lesson as a form of reinforcing his teaching.

The eight week course was a life changing experience for the Grade 12 Epworth girls. They felt empowered to fight back in a dangerous situations, developed an awareness of their surroundings and also became aware of how to avoid dangerous situations.

Gus and his team delivered an outstanding course and kept the girls interested at all times. The most empowering part of the course was the physical combat situations they experienced. They all found themselves in simulated real life situations and were encouraged and coached to use all the skills he taught them to fight back.

I would highly recommend Gus Hornsby and his Africa Combat Self-defence team to any organisation or individual.

Lee Jenkins
(Head of Sport)