

August 17, 2001

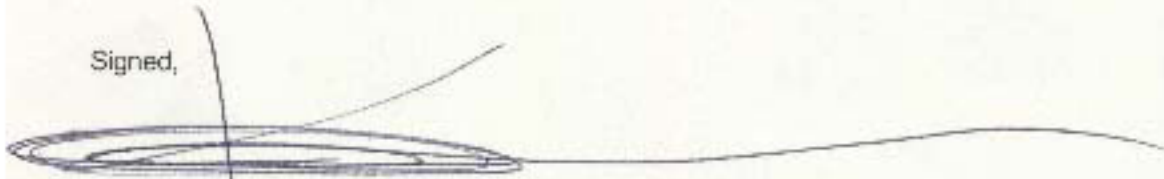
There are schools of Martial Arts that teach because it's cool, trendy, or a novelty. And then there are schools (harder to find) that teach because it is a traditional, spiritual, in your face, blood, sweat, and tears Martial Arts Training School. Sifu Yamel Torres' Chinese Martial Arts School is of the latter. It embodies all the proper principles without giving in to flash and flair. There are no easy, short cuts to learn real Martial Arts and Sifu Yamel lets you know that right from the start.

Three and a half years ago, I first joined the Chinese Martial Arts School on a recommendation to take Chi Kung for my lower back pain that I was experiencing. After learning and utilizing the internal Chi Kung techniques I have become amazed at its results. My pain went away and my energy level grew. After my training in Chi Kung ended I was invited by Sifu Yamel (then in the school's earlier days) to remain and learn the Seven Star Mantis System. Since then I have remained a Student and have watched the school blossom with new students of all types.

I have learned to harness the energy that I have cultivated through Chi Kung and I am learning to focus it with the power and speed of Seven Star Mantis System. I am continuously in awe at the simplicity and effectiveness of what the Seven Star embodies and I know I will forever be changed for the better because of its potential.

I highly recommend Sifu Yamel Torres' School to any serious Martial Arts Student.

Signed,

A handwritten signature in blue ink, consisting of a series of loops and a long horizontal stroke extending to the right.

Andrew Mitchell Kucelka
Concept Artist (Game Development)
Studio Gigante

Currently developing a Martial Arts Fighting Game for Microsoft's X-BOX