

*Faarooq Lowe  
8223 S. Talman Ave.  
Chicago, IL 60652*

To whom it may concern:

I consider it to be a privilege to have the opportunity to tell you about experiences studying Seven Star Praying Mantis Kung Fu, and Wu Style Tai Chi, under Sifu Yamel Torres.

After completing my undergraduate studies at Northwestern University, in 2001, I decided that I needed to resume Martial Arts training, in a school based upon an authentic lineage and the traditional principles found in Chinese martial arts. After a hiatus of 11 years from training from training, due to education and other commitments, I sought a school; in the Chicago area, that focused on basic traditional training methods (i.e. building a solid foundation, conditioning and hard work). It wasn't until I found the Chinese Martial Arts School in Chicago and met Sifu Torres, that I realized that such training actually existed in Chicago.

In the past I studied Hung Gar, a southern Chinese system, while serving in the military in the Philippines and Northern Long Fist for a year so I yearned for that same quality of non-commercial, traditional Chinese training that is difficult to find but so often talked about.

In Sifu Yamel's school, I not only found this quality of training, I have; despite my age and an injury that would have in many circumstances stopped martial arts training, I have managed to gain a comprehensive understanding of authentic Seven Star Praying Mantis and push my own physical abilities beyond what I could 20 years ago. In addition to my own challenges of becoming a better martial artist, I have seen countless students enter the school and develop strengths, both physically and mentally, that well aid them through the course of their lives.

In addition my own Martial Arts growth, I have to say that I have found the atmosphere here at the school to be one of the highest work ethic and martial brotherhood. So much so, that my two son's are now students at the school. I have watched my oldest blossom into a young adult, as a capable martial artist in his own right but a young man with the mental toughness required to succeed in the world today.

On behalf of myself and my two sons, I am forever grateful to Sifu Yamel Torres, for his patience, dedication to his art, work ethic and his desire to preserve traditional training an pass on to those dedicated enough to embark upon the journey of studying martial arts. Without Sifu Yamel's tutelage help I don't know if any of the above would have been possible.

Sincerely,

  
Faarooq Lowe