



Prospective Students and Fellow Martial Artists,

It has been my privilege to work out under the instruction of Sifu Yamel Torres for the past four years.

Having previously achieved a black belt in Goju Karate in the late 80's and having trained in several other styles, I first came to him as a business neighbor with the intent of having a convenient place to work out and learn more about the martial arts. What I did not realize at the time was what Sifu Yamel (Sifu) truly had to offer. Sifu has spent over 25 years practicing and perfecting his TRADITIONAL style of "*Northern Shaolin 7 Star Praying Mantis*" Kung Fu. Sifu has the utmost respect for his instructor, style and the history of Chinese martial arts. He has dedicated his life to his passion and it shows in his teachings and practice.

Sifu was trained under a "true" Chinese Master and is certified to teach by his instructor. He is rare in the fact that he has spent the time it takes to learn one style as completely as possible and has knowledge in all aspects of training from external to internal training, physical fitness, body hardening, and Chinese medicine. It is very apparent that he has the in-depth knowledge necessary to teach a beginner or even the most seasoned martial artist. I can tell you that in a day where finding the right instructor is difficult, this is a true benefit to his students.

As a martial artist, Sifu is one of the most serious, dedicated, and fierce martial artists you will meet, he trains every day all day and his abilities for his body type are amazing. He is as agile as any smaller or younger man and has the speed of movement that will definitely surprise any opponent. As a result of his body hardening training alone, he has the ability to easily fracture an opponent's forearm with a simple block. (7 star practitioners will understand what I mean).

As a teacher, he will guide you through the rigorous training of Kung Fu and if you have what it takes to continue the journey, he will become a "personal trainer" and instructor to you. His program will take you step by step from the basics to the most advanced techniques (once you have earned his respect he will begin sharing the advanced techniques with you the way his instructor did with him.) Sifu has a true dedication and sincere concern for building his students into the best martial artists they can be. He teaches by paying close attention to detail and taking a personal interest in each student. In class, he will drive you to the max in every workout, but it is always worth it.

Regarding the style and what you will learn in *7 Star Praying Mantis*: I think you will find that the style is very in depth and in it you will practice everything from traditional stances, blocking, punching, kicking, joint locking, breaks, trapping, throws, weapons, breathing exercises and internal training.

Lastly, some of the benefits that I have experienced from training with Sifu are: Respect, discipline, dedication, physical conditioning, flexibility, strength training, increased balance, patients, self confidence and of course **martial** knowledge.

In summary, I highly recommend Sifu Yamel as a martial artist and martial arts instructor. He has personally taught me a lot about Kung Fu and what it means to be dedicated to the practice of it. If you are looking to train in a traditional martial arts system where in time you will learn the complete style, then you should definitely meet with Sifu Yamel.

Sincerely,

A handwritten signature in black ink, appearing to read "Rick Stern", written over a light blue horizontal line.

Rick Stern
Martial Arts Student