

Antoinette Nava-Ficaro
F.E. Mgr. Jewel/Osco
Central Area District C

TESTIMONIAL.

To Whom It May Concern,

I have been fortunate to have had the opportunity to study with Master Ly (Ming Loy). This was made possible when Master Ly's Disciple, Sifu Yamel Torres suggested that I study Chi Kung for internal strength and health.

After several months of training with Master Ly, my strength and health improved greatly. As time passed, a true friendship was formed between the three of us. Sifu Yamel, with the encouragement of Master Ly, sought to open a school where the true art of The Seven Star Praying Mantis could be taught. At Sifu Yamel's request, I invested in Sifu Yamel's Martial Art school.

It was during this time that I witnessed the continued training of Sifu Yamel by Master Ly. I was elated to witness Sifu Yamel receive his Certificate and Black Sash for achieving the status of "Man of Arrival".

I know that Sifu Yamel is very loyal to Master Ly, and has the greatest respect for him, as do I. It is because of Sifu Yamel's history of training with Master Ly, that I would recommend to anyone wanting to learn the true art of Seven Star Praying Mantis to attend his school, " Chinese Martial Arts".

With great respect,
Antoinette Nava-Ficaro
Kung-Fu Sister

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