

### **Steve Lewis's testimonial (08-03-2012)**

I have been involved in martial arts for twenty one years now (ten years Lau Gar kung fu, ten years Muay Thai) I've also boxed a fair bit too. Over the last two years I was studying Krav Maga but become a bit frustrated with some of the organisational politics.

Then last year I discovered FFMA and haven't looked backed! Mark and Tony's instructional style is a breath of fresh air, and their depth of knowledge surrounding the many aspects that martial arts incorporates is exceptional! One only has to take look at the excellent quality of the students they produce to know Mark and Tony know what they are talking about and equally as important they can teach in a way that brings out the best in their members.

Classes are friendly and welcoming as well as professional and insightful, as I am writing FFMA is playing host to Cam Rowe a Brazilian Jujitsu black belt from Australia who has kindly come half way round the world to provide us with simply world class expert tuition and I feel very privileged to be involved that!

I've enjoyed all the classes I've been involved in and feel I've made great progress in both fitness and technique and I'm excited to see what the future holds for FFMA.

Many thanks to Mark and Tony and all the guys at the club!