

Jonathan Damron,
Boulder, CO 80302,
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To whom it may concern,

It is my privilege to introduce Sifu Wang and the Boulder Kung Fu Academy.

Having studied various styles of Kung Fu and Karate for many years, I came to the Boulder Kung Fu Academy looking for 'real' traditional Kung Fu. Real traditional Kung Fu is exactly what I found. Sifu Wang teaches the art of Northern Shaolin Seven Star Praying Mantis. Seven Star Praying Mantis is a fast, practical, no nonsense fighting art that can trace its roots back to the 17th century.

During my time training under Sifu Wang, my physical strength, coordination and flexibility have greatly improved. This is wholly due to Sifu's traditional approach to teaching Kung Fu. First the new student focuses on building a strong foundation. This is not merely rhetoric; each student follows a step by step program starting with Stance training then slowly adding new drills and techniques that build on his or her ever expanding foundation. This type of traditional training is not easy. On the contrary it is very difficult, demanding hard work, dedication and discipline to succeed.

Sifu Wang is a very humble teacher who possesses extraordinary Kung Fu skills. His integrity and commitment to his style often results in him recommending prospective students visit other schools in the area before deciding on his school. The students who return quickly experience Sifu's generosity and willingness to pass on his art to those who work hard and practice diligently.

Under Sifu Wang's guidance, I have been able to achieve a level of ability I did not think was possible for me. I continue to improve knowing that I have barely scraped the surface of Sifu's teachings.

I highly recommend Sifu Wang and the Boulder Kung Fu Academy to anyone who is serious about learning Kung Fu and is willing work hard to achieve their goals.

Sincerely,

Jonathan Damron.