

Lee Smith Testimonial 02-06-2011

I started at FFMA just over a year ago after hearing about it through a friend at work. Being a father of 2 young kids my regular rugby playing days are well and truly over, so I was looking for something exciting, physical and which would help me get back in shape.

My first impression of FFMA was of a very friendly club, which was a massive relief, because even as a ex-rugby player when it comes to learning martial arts, you don't want to end up toe to toe with someone with an ego and the skills to do you damage. I have found everyone at FFMA friendly, approachable and very helpful whenever I've needed a few extra pointers.

The coaches always deliver exciting classes, where you are continually learning new skills and improving old ones. They are attentive to individuals when required or if asked and their enthusiasm gives everyone a great buzz. Everyone is respectful of each other and the coaches, so the classes are always focused and full of energy.

There are often some great (short but sharp) conditioning sessions but the sparring and wrestling sessions also keep the fitness levels up and are great for learning how the skills really work in a live but controlled environment.

I have really enjoyed my time at FFMA so far. I will soon be leaving these shores for a few years and will be sorry to miss out on what I believe will be very exciting times for the club as it moves from strength to strength. I will definitely be keeping in touch through this web site and Face Book and look forward to seeing how this club grows.

To everyone at FFMA, thank you all so much for your guidance, encouragement, patience, friendship and fun over the last year of so. I wish you all the very best for the coming years and am already looking forward to catching up as soon as I get back.