

Testimonial: Nicholas Ostheimer

8/4/11

I've been trying to keep fit for a long time and I found that I could go to the gym; which was always boring and didn't allow for self-improvement unless you want to pay a lot of money for personal trainers. I also did my own exercises in my own time and I found that this was pretty much the same as going to the gym or swimming which I also love. I would have to do the same thing every time or find new ways to challenge myself but I didn't have the structure and trying to learn something by yourself means that you're the student, teacher and motivator!

I saw the sign for FFMA while driving by but having tried martial arts previously in Cheltenham and being beaten around or not having the skill level and support to sustain any progress I was wary of joining. I sent Tony Terranova an e-mail quietly expressing my interest and found a warm and welcome atmosphere which I felt was designed around helping you to learn and actually improve rather than a) taking lots of monies from you or b) driving you away after the first lesson. I wasn't sure why I initially felt worried and I'll be honest a bit scared that I'd be beaten up and thrown out the door...but once I went to a few classes I saw the difference.

I appreciate all the effort that the trainers at the club and founders put into HELPING AND SUPPORTING anyone who joins. I'd advise any of the classes whether for your health and fitness, building confidence or just learning a martial art and technical detail. It fosters a great community to develop your abilities and the stress is on the community. It's the other students and learners who give you just as much support as the trainers and I'd recommend it to men or women regardless of age or fitness. You'll find a club that makes getting fit interesting, fun and a great life experience!