

The Myron Stratton Home

2525 HIGHWAY 115 SOUTH

COLORADO SPRINGS, CO 80906

(719) 579-0933

Office of the Children Center

June 12, 1989

The Fighting Chance
5020 N. Academy
Colorado Springs, Colorado 80918


To Whom It May Concern:

Mathew Bayley has taught Level I and Level II Self-Defense to the staff members and teenage girls who are residents of Logan Hall at the Myron Stratton Home. We sought out this type of training after one of the residents had been assaulted at the bus terminal and due to the extensive history of victimization experiences of our population.

Not only have the self-defense skills taught by Mr. Bayley been practical and useful, but his ability to work with our group has produced other, valuable benefits. He was able to acknowledge the high anxiety level of our teenagers and structure the classes in such a way as to enable them to overcome their defensiveness. They felt supported and empowered so that not only has their ability to protect themselves improved, but their sense of self-esteem as well. Mr. Bayley developed a sense of rapport and a great deal of trust with this group.

Mathew Bayley has been flexible and accomodating to our needs in terms of scheduling and financial arrangements. He has been open and willing to work with us to pursue more advanced levels of training.

I would feel confident in recommending Mr. Bayley to other groups seeking not only self-defense skills but a valuable experience in personal empowerment.



Carol Bilbrey, LCSW
Team Leader
Myron Stratton Home