



September 6, 1985

Matthew Bayley
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To whom it may concern:

Upon recently taking the ladies self-defense course taught by Matthew Bayley, I feel changed inside. Not only has a new skill been learned through hours of practice, but I feel more in control.

The fear of the unknown is not as frightening to me because of my change of attitude toward assertiveness. I believe I can handle an attack and that's a big first step.

Matthew's teaching abilities, class content and objectives were top notch. I recommend his class to anyone seeking assistance in self defense.

Sincerely,

Pat Hall
Health Education Coordinator

PH:tc

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