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To Whom It May Concern:

I began my martial arts training during high school in 1974. I studied Aikido for three years in a dojo in Boise, Idaho, eventually earning a brown belt. I subsequently took classes in Judo, and Jujitsu, and a year of Hapkido while stationed in Korea.

Upon my assignment to Ft. Carson, Colorado in Colorado Springs I attempted to locate an Aikido school to no avail. I determined it was time to expand my horizons by learning a new form. I spent months visiting every school in the Colorado Springs area. However, every visit was a big disappointment. Either the sensei was clearly in it for the money alone, with no real concern for his students; or the techniques of instruction were condescending and belligerent.

Then I happened across Matthew Bayley's school. I called him to inquire into his price structure and schedule of classes. He invited me down on a Saturday morning for a free one-on-one class, which was a first. He made it clear that I was under no obligation other than to do what my heart told me to, which was another first. So I went to his dojo for this free class. What started out as a one hour class beginning at 10:00 AM ended up lasting well into the afternoon.

I found his outlook on the meaning and nature of martial arts to be refreshing, invigorating, and utterly clear. By the end of that day I had no doubts about his personal martial arts capabilities or his ability to impart his knowledge to me, or any other student. In contrast with my previous 10 years of training in multiple disciplines, I found Matthew's approach to be perfectly straightforward and eminently practical.

I participated in many classes, tournaments, demonstrations, and specialized training events with Matthew and other students from the school over the course of the next 12 years. I have always found him to be deeply concerned with the welfare and emotional strength of his students and associates. His message of empowerment is not just a message, it is his reason for teaching. His day has been made when he has helped someone else become stronger within themselves.

I have personally assisted him during numerous anti-rape self defense courses for women. The positive changes in the countenance and demeanor of the women in his courses continually astounded me. I have talked with many of the parents of kids in his school, and their experiences with their own children have been similar. I have, on numerous occasions recommended Matthew's school to friends of mine, whether for themselves or for their children.

In fact I have sent my own kids there as well. The highest praise I can give anyone is to trust them enough to let them have an impact on the emotional and spiritual growth of my child.

Yours Truly



CW3 Stephen J. O'Leary
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