

November 30,2022

To Whom It May Concern,

My son and I began taking karate classes 13 years ago at our local park district. I was 51 years old and my son was 8. We were looking for an activity for him to participate in. He was interested in starting martial arts and I had practiced Tae Kwon Do when I was in my twenties. We began to search for options for him in our area.

We noticed the park district offered an Adult/Child class where we could take classes together and thought that would be fun. This is where we met Sensei Renner. Sensei is an excellent teacher and, most importantly, a strong role model not just for kids but for adults as well. He has so much knowledge about karate and Japanese culture, patience when teaching people of all ages and abilities and he really invests time in his students to help them succeed. Sensei Renner is not only a remarkable teacher but a wonderful person who my family and I also consider a friend for life. My son and I worked hard over the years and we both became black belts in the last few years.

The Adult/Child class was a real benefit for us and for many other families we trained with. First, it's a great way to get exercise and get in shape. Also, it is a wonderful bonding experience for parents and children as you learn and grow together. My son and I were able to spend time together doing something we enjoyed. We often practiced together outside of class to share what we learned and coach each other along. This group class was a good way to set goals as a family to work towards. Lately, and most importantly, it was a joy to cheer each other on and watch each other succeed. Many parents cheer for their children from the "sidelines" but my son got to help and encourage me in my journey as well. We also met many families through the years that trained together and have become good friends.

The benefits of martial arts, and a class offered together to all ages, has been one of the best activities that we have participated in. My son is now about to turn 21 years old and we still go to classes twice a week together.

Sincerely,
Tony Adrian