

October 10, 2016

Dear Grandmaster,

First, I would like to say thank you for allowing me be part of your Sunday invitational class. It is a privilege to receive direct instruction from you and I highly value it.

I came to you almost four years ago with all sort of physical problems: back pain, high blood pressure and digestion problems. I just got the results of a recent physical check up and everything is fine: my blood pressure is normal (Dr. reduced the doses of my medication and now I am taking minimal doses). My digestion is fine now; I have gained almost 10 pounds and recovered muscle mass. The other day a friend of mine asked me about my back and I was like: My back?...It's fine; I almost forgot I had a serious back problem that four years ago the Dr. suggested to have surgery. In addition to that, I now have more energy and I always looking forward to my training.

Thank you Sir for sharing the good medicine: Chayon Ryu.

Best Regards,

Alberto Borjas