

February 25, 2005

**Testimonial Regarding My Positive Progress
as to the Attending of Tai Chi Classes
Conducted by Roosevelt Gainey ("Sifu")**

Allow me to introduce myself. My name is Louis Ellman and I am an active person involved in many different ventures, but have had a number of health related problems over the years which really siphoned the life out of me. These conditions take the form of knee problems, blood problems and a general cycle of using medication prescribed by my doctor. The medication helped to ease the pain of these conditions, but did nothing to get to the heart of the matter. Instead, there seemed to be no hope for anything other than medication which only served to mask my condition.

I was walking to a large extent without fully bending my knees. Since attending Sifu's classes, my walking is better, my awareness of my body is heightened and my willingness to settle and resign the rest of my life to pills and pain has left me. The classes are designed to educate one on the mechanics and the art of Tai Chi as a self defense method while simultaneously showing one how to achieve optimal health by use of what Sifu refers to as the "Vital Breath". He has taught me that the simple act of breathing correctly (stemming from the navel), fully and deeply can rid the body of disease, bring clarity and help to achieve a powerful inner core strength without having to lift heavy weights on a continuous basis.

Every part of the body, both external and internal, is examined at one point or another by Sifu in terms of Tai Chi Form. His regimen of exercises contributes to the health of specific parts of the body as well as overall health. As an added bonus, he takes the time to explain how these specific systems and areas of the body work both independently and interdependently with one another.

I have been truly enlightened by the experience and can only say that this is not like any martial arts course that I have ever been to. The combination of Tai Chi as a martial art, as a vehicle for healing the body of what ails it along with the medical insight and genuine good will on the part of Sifu is unique. I am truly very thankful and fortunate to have had this opportunity to study with Sifu. I hope that the readers of this letter are intrigued enough to get involved and experience the benefits of Sifu's teachings as I have.

Sincerely,

Louis Ellman

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