

March 27, 2012

As parents of Kian and Yasha, we are very fortunate to have the opportunity to enroll our sons in Manna's Martial Arts classes. We originally pursued Martial Arts for different reasons for each child. For one, it was to attain more self-confidence and a sense of responsibility. For the other, it was to improve his ability to follow directions along with self-discipline and focus. They have been attending classes for almost two years now and we have noticed so many positive changes that are pervasive in many different situations and environments. We feel they are gaining more of the qualities we were originally looking for. Their confidence, social skills and participation in group activities have immensely improved as have their athletic skills and learning self-defense. We are also quite impressed with the sense of teamwork and mentorship that each student at all levels seems to possess at Manna's. Most importantly, it's the complete dedication of the staff at Manna's in teaching their students on how to be responsible and proud human beings that sets this program apart from any other program we have encountered so far.

We are so fortunate to have access to such an excellent program and think many children can benefit from this as well.

Sincerely,

A handwritten signature in black ink, consisting of a stylized initial 'R' followed by a long, sweeping horizontal line that tapers to the right.

Hedieh Badkoobehi and Reza Khoshini

Brian Manna

From: Matthew Barrientos [mattbarrien@gmail.com]
Sent: Wednesday, June 08, 2011 3:01 PM
To: manna@manna.us
Subject: It was great to see you again, sir!
Attachments: n1054530401_30464796_7508.jpg; n1054530401_30323097_7155.jpg; n2543065_46164956_806722.jpg; 3296450017_529799335d_o.jpg; 230325_1011457960767_1054530401_30229902_4936_n.jpg; 184967_1302558478098_1054530401_31246442_5376564_n.jpg; 26899_968892649226_2502013_53081399_1447833_n.jpg; 21532_1184567728403_1054530401_30894954_4655065_n.jpg; 14351_912138450096_2539819_51088308_5890881_n.jpg; 14233_908117378356_2534252_50963341_4805477_n.jpg; 7433_1147925492271_1051560062_30418075_7805785_n.jpg; 82_matthew_profile.jpg

Hello Master Manna. It was a pleasure seeing you yesterday. The studio looks better than ever with the new hallway/viewing area. I wanted to share several pictures to you from my time being a cheerleader. I've attached them to this email. As you can see, I've still kept up with training. I've gained a lot of strength, but lost a lot of the speed and flexibility I had before as a consequence. I also learned a little of Brazilian Capoeira for a year. It was a difficult transition to switch to its flowing, circular style which is a stark change from Tang Soo Do's straight and aggressive tactics. Hopefully I will be able to train at the studio this summer and gain my flexibility back. I will be finishing up my studies this weekend at UCLA, and should be back in San Diego the week after. I will send you graduation pictures as soon as I take them. My brother, a few cousins, and myself are all walking this weekend so we are planning a photoshoot for all of us together.

You also mentioned that you could put me in contact with Mr. David Humphreys and General Atomics. It would be great if you could put me in contact with him. I actually had a nuclear science class where we learned about the same experimental fusion tokamak reactor he is working on so I have somewhat of an idea on what he is working on. It would be great to train with him again as well.

Best wishes,
Matthew Barrientos

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