



4th Battalion
The Royal Canadian Regiment
750 Elizabeth Street
London, ON N5Y 4T7

25 November 2002

To Whom It May Concern:

I am writing you this letter of endorsement on behalf of Grandmaster Gus Michalik of the Black Arts Society. I have worked closely with Gus over the past year and a half to establish an unarmed combat team for the 4th Battalion, The Royal Canadian Regiment. This team is made up solely of members from the 4th Battalion, and has for instructors members who have studied the self defense techniques of the Black Arts Society under Gus' tutelage.

As the acting president of The Royals Unarmed Combat Club, I have had the pleasure of taking part in Gus' self defense classes and can attest the effectiveness of his techniques and training. The methods taught are easily acquired by all members of our club, regardless of their level of prior experience in self-defense, due to the format and approach of the instruction. The techniques are current, combine various styles that assist club members is dealing with threats to their personal safety in many different situations, and are highly lethal in nature.

In today's climate of increased uncertainty, Grandmaster Gus Michalik's program has proven reassuring for all members of The Royals Unarmed Combat Club who have understood the need for increased preparedness. His teachings have filled in a gap of training that is no longer provided at the Reserve level and given our members the ability to carry out their military duties with more confidence. For this reason, and others mentioned earlier, I whole heartedly offer this endorsement and with to thank Gus for his efforts in assisting members of the 4th Battalion, The Royal Canadian Regiment in their personal training with the club.

Yours Sincerely,

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