

*"The Celis Taekwon-Do Academy has a wonderful facility - its unique set up gives first time participants the feeling of importance of family. The atmosphere is friendly and focused on aiding students to train in a relaxed, but serious style. The success of the Celis club is due to many factors, but the one that stands out for me is their ability to teach creatively and without intimidation, everyone and anyone regardless of age can learn under these conditions. They also have the reputation of training world class athletes and champions, which is another testimony of their attention to detail and their expertise in getting the best from their students. When you work with highly skilled people, who are passionate at what they do, there is no telling how far you can go."*

***Joanne Panas, 4th Degree Black Belt - Head instructor of the Flying Dragons Academy of TaeKwon-Do***

*"Three years ago my three kids and I started Taekwon Do at Celis Taekwon Do. We all started it for different reasons, for self-defense, self-confidence, discipline, self-control, and just all around fitness. Over the years, it has become more than just a place to go and exercise. The family atmosphere and friendships created there by the instructors and other students are great. Now, my husband has joined the club too, to make it a whole family affair."*

***Joann Lukey, Mother of three children - Blue Belt***

*"This day and age, there seems to be so many more demands placed on people's time. Everyone is so busy that often times they forget the basics or what's really important. I was one of those individuals. To top it off, I suffered a great personal loss (my wife and two oldest grandchildren were killed in a traffic accident Dec. 23, 2005). What does this have to do with Taekwon-Do? Everything! From my perspective, Taekwon-Do helped me regain focus, purpose and concentration, establishing a work/life balance. In addition to the emotional and mental benefits, Taekwon-Do also improved my physical well being. I lost 45 pounds in three months and am in better shape than at any other time in my life. This was not just due to the training component, but the overall environment. The instructors teach, preach and practice the tenants (courtesy, integrity, perseverance, self-control and indomitable spirit) that are basic fundamentals of humanity. Fundamental; which assist in developing respectful citizens and community leaders. Taekwon-Do is a philosophy that changes one's mind set and encourages individuals to strive for their goals no matter how tough or unattainable they seem. It is a family atmosphere of positive mentoring and support. Everyone needs someone or something to provide the encouragement and support necessary to meet life's challenges head on. Taekwon-Do provides me that vehicle."*

***Tony Walsh, Director, Sask. Property Management – Yellow Belt***

*"I enjoy the Instructors and many friends I have met through Taekwon-Do. I like the way we have a padded floor to train on and have mirrors and heavy-bags. It is also very convenient to have a shower as/when needed that is available to me. Taekwon-Do has kept me fit and looking younger and I would recommend it to anyone."*

***Adrienne Prenevost, Secretary – 2<sup>nd</sup> Degree Black Belt***

*"At the Celis Taekwon-Do Academy we not only learn a martial art and stay fit, but this school teaches great morals that can be taken into everyday life. Students are surrounded with friends and talented instructors so it is impossible to not have fun while learning at the same time. Students also get opportunities to travel the world which is a great reward for our hard work."*

***Melissa Mushanski, College Student - 2<sup>nd</sup> Degree Black Belt***

*"We originally sought out the Celis Tae Kwon Do Academy for our son Matthew, we had heard they were good with kids. Before long, I became personally involved and now our entire family is training together. We love Tae Kwon Do and we love the Celis families. Washington and Boris Celis, are second to none in terms of ability and experience, but also, are both excellent teachers of all of the dimensions of martial arts, physical, and spiritual. We have a great time, and we work hard, but I would have no hesitation in recommending Celis Academy to any of my friends, and in fact I have."*

***Michael Shenher, CEO, Canadian Green Fuels Inc. – Green Belt***

***Jody Shenher, Real State Agent – Yellow Stripe***

*"The Celis family embraces the true values of TaeKwon-Do and passes these values onto their students in a friendly yet firm manner. Visiting their club is always a memorable experience!"*

***Wayne Ilnisky, 2<sup>nd</sup> Degree Black Belt - Head instructor of the Willow TaeKwon-Do Club***