

To whomever it may concern,

My name is Chris Hamilton and I've known and trained with Randy King for over a year now. I have been with the Canadian Forces for seven and a half years and I currently serve with 1 Combat Engineer Regiment (1 CER) out of CFB Edmonton, Alberta. I started training at KPC at the recommendation of a friend who worked with me at 1 CER.

Since I started training at KPC, I have been impressed with the instruction style that Randy employs with all his students at different levels. He teaches his classes in a logical manner that allows students to become thoroughly familiar with basic movements and skills that are critical to progressing to the next level. Randy consistently ensures that everything that is taught is clearly demonstrated and then followed up with one-on-one feedback during the practical portion of the class. He also makes a point to explain why strikes, blocks and holds taught in the class are effective and often ties them in with other movements that can be used subsequently. The students come away with a strong appreciation of how effective a simple movement can be and how it can be realistically employed. At the end of most of Randy's classes, he gets the class to 'pressure test' as a confirmation of what they had learned up to that point. The 'pressure test' has one student defending against multiple attackers armed with a variety of weapons that has been covered up to that point. It puts the students in a fast paced and high stress environment that forces them to utilize these skills in a more realistic context than traditional one on one sparring. That said, Randy always takes measures to maintain the safety of his students by removing or managing possible hazards that may infringe on the safe conduct of the class. He also ensures that students are not forced to defend themselves from attacks that they have not personally been taught to defend against. Overall, Randy's instruction method is very similar to teaching and learning style that I have been exposed to in the military (both as a student and teacher) over the span of my career. His is an effective method for teaching hands-on skills that need to become instinctive and performed without hesitation.

Aside from his ability to instruct self-defense and mixed martial arts, Randy has both an excellent sense of humour and friendly demeanor. He is very capable when it comes to dealing with people he has just met and makes them feel comfortable amongst more experienced students in his class. In my own opinion (drawn mainly from my experience with the military), this is just as important as subject knowledge in order to become a well-rounded instructor. Overall, I have no doubt he will be a valuable and integral contribution to your team.

If you have any further questions, please feel free to call me at 1 780 934 8518 or email me at cshamilton84@yahoo.com or Chris.Hamilton@forces.gc.ca. Thank you,

Sincerely,



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