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RE: Fitness Leadership Awards 2015 - Conquer the Dragon, Christian Heno

To Whom it May Concern:

My son, Patrick, has been participating in Christian Heno's "Conquer the Dragon Program" for two years. I was originally seeking a martial arts program that offers one-on-one instruction, which best suits my son's learning needs--he is diagnosed with ADHD, Anxiety, Autism and Learning Disabilities. Christian's program has made a significant difference for Patrick. Not only has Patrick actively engaged in a fitness program and learned martial arts, but the program has also encouraged him to learn meditation skills, find inner strength and confidence and have more self-assurance with his peers and schoolwork.

Christian modifies the program to best suit the student. Although they are typically 10-week sessions that work towards a belt, Christian modifies as necessary to ensure the student achieves personal success. Patrick is very proud of the "belts" he has achieved and is looking forward to continuing this program next September.

I am attaching a writing assignment that Patrick produced at school. He was empowered to choose his own topic and he choose to write about his first test for his yellow belt. One of Patrick's learning disabilities is written output, but I think his written piece captures the spirit and success of Christian's program completely.

I am so pleased that we found Christian and feel that his program and teaching have benefitted Patrick significantly. It is a program I would not hesitate to recommend to other students, regardless of their learning challenges.

Sincerely,

*Jodi Beattie*

Jodi Beattie

