

To whom it may concern,

I recently had the opportunity of a lifetime... I was fortunate enough to participate in a self-defense class that was taught by Walter Chase's "Fighting Chance" organization. I was taught various self-defense techniques along with methods to be aware of my surroundings in order to improve my chances of surviving a violent attack.

The class also challenged me emotionally. There were many activities and drills that were triggering for me. The staff helped me to face some of my deepest fears, work through them, and realize that I am more capable than I ever thought. I have developed a new confidence in myself, and am excited about the direction my life has taken because of it.

I am very thankful for the sponsors, Walter and his staff for allowing me this opportunity. Without it I may not have realized my potential.

Respectfully,

Renee' Shanholtzer