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April 22, 2015

Re: Endorsement Letter for StrikeFirst Fitness and Troy Logan

In early 2015, I was followed to my vehicle by a suspected perpetrator. My vehicle was located in a dimly lit parking garage in downtown Atlanta. Due to my focus on my electronic device, I did not notice the perpetrator until we were near my car and no one was around. I stood face to face with him frightened and unarmed. Luckily, the perpetrator fled without incident.

In that moment, I realized that I needed to seek self-defense training. My mother and I signed-up for a class with Troy Logan of StrikeFirst Fitness. During my first session, I learned situational awareness and basic self-defense strategies. Troy coupled professionalism and humor to teach us these techniques. He was patient and informative. He employed simple metaphors to help us understand how to coordinate body movements. He also made us feel extremely relaxed and comfortable by constantly providing encouragement.

The most important lesson that I learned from my session with Troy was courage. While he instructs his students not to try to be heroes, he does encourage boldness. He provided us with tips on how to evoke a bold persona that could possibly prevent an attack from even occurring.

I deem my time spent with Troy as invaluable. He answered all of our questions (no matter how bizarre) and never rushed us. I will definitely be attending more of StrikeFirst Fitness' classes and encourage anyone interested in protecting himself or herself from a potential attack to do the same.

Thank you Troy for an experience of a lifetime.

Regards,



MAIYA J. SAFIKOV'S *Esq.*