

What has Kidokwan done for you both physically and mentally?

My beginnings with Kidokwan began when I first met Robert Ott. I did not know a thing about Kidokwan. I was trained in Taekwondo and wanted to continue my studies and training in the Martial Arts. When I met Robert, I was apprehensive about starting a new form of martial arts. I did not know what to expect from Robert and his training. When I started my first class, Robert made me feel comfortable, and I started to lose the anxiety and apprehension I had about a new form of martial arts. The more classes I attended, I saw that Robert made each one of his students feel proud to be a part of his Kidokwan Federation. "The Families with the Way of Power", as he is very proud of his students. I wanted to learn more about the man that was going to teach me his way of Kidokwan.

I listened to the story of Robert Ott and was very impressed. With everything from near death, to his come back with disabilities. One would think he had no options other than to depend on others for help. This indeed is not the case for this impressive person. He overcame his disabilities and showed that not only can he overcome, but we all can. He has earned very high respect from not only his martial arts students, but has also become a very productive business person.

This man not only has a story to tell, but is able to give strength to those that are going through hard times and feel all is lost, or is not worth the effort.

Here are the benefits on what Kidokwan has done for me, both physically and mentally. Physically this has proven to me never to give up, or retreat, in the toughest challenges of life that you encounter. It has strengthened my mind, body, and soul, and also given me a different way of thinking, in the way I live my everyday life. It has given me the positive attitude in believing that nobody will take away the strength, courage, and the indomitable spirit that I carry inside. My flexibility, strength, and stamina have increased. It has helped bring my body and mind under control.

Exercising has helped to purify my mind, body, and soul, and to increase my energy level. It has also helped me overcome the physical and mental limitations that I have. It has given me a mental message of how I need to exercise my thoughts, so that I can properly exercise my body. This has made me realize, and appreciate, that my body is whole and I am able to utilize all of my body and mind. I have learned not to take my body for granted, and to treat my body as a temple. Not only has Kidokwan given me the Physical strength, it has also given me the mental strength, to believe that I can reach my goals and overcome my limitations. For this I would like to thank Mr. Robert Ott with honors and respect.

Susan Helt