

## Testimonials

Shin-Gi-Tai  
Auto-FLOW

... Yes, I am 'tighter'

Hi Reuben,

Thanks again for everything you've been teaching during the Core Conditioning class and optional beach training sessions. I'm really enjoying myself and noticing the results of my efforts.

Before I started the class I was 191lbs with a slight beer belly. You promised that you'd make me tighter and I must say, you are a man of your words. Since training with you I've noticed that I've dropped at least 10lbs, I'm more explosive out the block and yes I am 'tighter'.

Thanks again for consistently pushing us to better ourselves and the energy you bring to each and every class, as it is truly motivating.

**Caleaf M. Dove**

Shin-Gi-Tai  
Auto-FLOW

Great Motivation

Reuben,

... [I am] telling you this is great motivation for me... you have the best spirit ever. I smile just reading your emails.

Thanks for that.

**G. Smith**

Shin-Gi-Tai  
Auto-FLOW

Caring and Selfless

Morning Reuben,

I knew what you were all about when I first met you!! You are exactly what you say... I know because I experience it for myself every Thursday. You are a very caring, selfless and loving person ...

**I. M.**

## Hills Sprints Baby!

Hey Reuben!

Yesterday was good... other than having to do extra routines under the watch of the new ladies!

The cool down/calm finish I really liked... can we do that more often?

So I tortured myself with hill sprints at lunch today... your hill, Berkeley. Didn't have a stopwatch but I completed 8 sprints in about 22 minutes.

### **Somerset, Bermuda**

## I am happy to be living proof

When I spoke to Sensei Reuben back in December 2010 about my daughter taking his karate class in January 2011, never did I think I would have become one of the Jiketsu family members let alone transform into who I am today.

In January, Reuben spoke to me about his desire to introduce a fitness class called Core Calisthenics or Core Conditioning and would I be interested in participating. Not knowing what either one of those words meant, I listened with enthusiasm as he told me how with techniques he wanted to share, that I would become healthier and the weight I so wanted to shed would melt away. That's all I needed to know. I was willing to do anything at this point.

I had struggled with my weight for quite a few years, reaching 196lbs and not realizing it until I stood on that dreaded scale at my Doctor's office! I couldn't believe it! I then tried different diets, "eating in moderation" plans, exercising here and there, and even tried taking diet pills. I managed to lose 20lbs, but by summer 2010, I still was not happy with how I felt.

I wanted to feel and be healthier and I wanted to feel like I had some energy just to get through the day and to keep up with my daughters. I paid an exorbitant amount of money to bring in the Insanity workout with all the bells and whistles – I lasted a week and a half! So, with this newfound hope bestowed upon me by Reuben, I decided to give his class a go in February.

All he asked was to show up on Thursday evening for an hour, to do the best you can, and to have fun. OK, I could do that. Then at the end of class, Reuben said take a break tomorrow (hey, I could do that too), but after that, with the remaining days until the next week's class, try to do 20 minutes of what he taught us in class at least 2-3 times before we see him again. Now that was going to be the challenge.

I managed to work out as he suggested, following his friendly email reminding me of the techniques he had taught. I know that I am the type of person who likes to be held accountable to someone, so at the next class, when he asked if anyone had exercised during the week, I was so proud to say I had done it. I felt a sense of accomplishment. That was the first step. After that, I continued to do everything that Reuben asked of me and sure enough I began to see the results. Most importantly, I began to feel better, I felt stronger and more agile, I had boundless amounts of energy, and I was even noticing that my body was taking a different shape – one that I liked this time! I was loving the new me inside and out.

Reuben's approach to teaching and sharing his wealth of knowledge, and also his calm and positive spirit, was motivational and inspirational. It is infectious that you can't help but become a more positive person as well. He has this ability to persuade you to do something – when your head is saying “ah no!”, your body is reacting entirely differently.

Before, if you had told me that I would be at Horseshoe Bay on a Sunday morning at 10:30am to train, I would have told you you're crazy! But I showed up, made it through and by the end of summer I have lost 32 pounds! I truly enjoy Core Conditioning and continue to do it a few times a week even though I am doing a year abroad.

By the way, if you haven't picked up on it yet, never did I mention that I changed my eating habits or lived on celery sticks and power bars; that's because not once did Reuben talk about it. No, I didn't sit down and gorge myself with fast food and such, but I can admit I wasn't eating “right”.

Follow his routines and suggestions and everything else will automatically fall into place. What Reuben has to offer works and I'm happy to be living proof.

Thank you for this gift. And, congratulations to you, that you have had to offer more classes to accommodate all those who are “willing and ready to learn”.

I wish you continued success!

**AJD**