

**FEMA's 30<sup>TH</sup> ANNIVERSARY TESTIMONIALS**  
**November 15, 1989-November 15, 2019**

*"Thank you for being my teacher. I really like being a Little Element" Love, Sage*

*"Shifu Koré has been an amazing teacher and supporter of Lio and I for 2 years now! We are very grateful to have her in our life. FEMA's welcoming of all people and the wonderful community there is an important part of who we are". -Alex Fink*

*"FEMA means learning martial arts and having fun and working together and being safe. Shifu Koré is a great teacher! She's really good at teaching things in a good order so we can all understand" – Lio Brito*

*"FEMA is the right place for empowerment and finding connection with self. It is school of life, how to cope with life and to act at your highest potential. Shifu Koré teaches from her heart and passes her passion for Martial Arts to many others. I became a FEMA student in my 50's and learned that it is never too late to start, to evolve and keep growing. Love you, Shifu!"- Lenna Alliev*

*"We are honored to have our family celebrate this special occasion with FEMA!"-Martinez-Zurawski Family*

*FEMA has been life changing. The principles taught in all the styles bleed into real life in unexpected ways, through boundary setting, the ability to stay calm in emergencies, in the showing of compassion for all people and in advocating for yourself and others. Thank you for being around for 30 years! Here's to another 30! -Megan Treziok*

*"I want to thank Shifu Koré for re-igniting the Gong Fu and Judo that Shigong/Dr. Alex Feng taught me as a teenager in Berkeley, California. It's been a life- long practice. I hope FEMA continues for another 30 years!" -David Gaines*

*"Since joining the Iaido club I have found a new passion. This art has made new connections with my mind, body and spirit. My life is forever changed"-Adam Smith.*

*"Congratulations for your 30th anniversary. I am glad that I am a part of this long-lasting school. In my short time here. I learned to stay patient, and a variety of martial art skills. I hope you last another 30 years. :)"-Amanuel Getachew*

*(testimonials cont.)*

*“Five Element Martial Arts is very dear to my heart. I absolutely love this school. Sensei Kore has built something truly powerful and beautiful. She has helped me learn important skills, gain confidence, and shown me how to heal myself. All this, and I get to work with a sword! Thanks Sensei!! With love and respect,”- Sempai Berta Gilsdorf*

*“I feel so fortunate to have FEMA in my neighborhood. Not only have I found the quality instruction I've long sought, but it's also from an organization with values in which I believe. FEMA creates real value in our community, it's a dream come true.”-Thomas Crouse*

*“Camille has really enjoyed her short time (so far!) at FEMA! She's been enjoying showing her family the animal moves she learned. Recently, she started talking about how certain animals are calm (crane) and others are good for being active (tiger). I was so impressed she was learning about all of these things! Thank you for your work teaching children and keeping the classes fun & engaging!” - Kristi Coley Stephan*

*“The Dojo is the perfect place to be! Over the past few years, FEMA has become an integral part of our family life; with all members attending classes we have grown stronger individually and together as a family.”-Kim, Adam & Inara Smith*

*“Shifu Koré and her team at FEMA empower my girls to be better humans. Through integrity, passion and fierce knowledge she guides them and encourages them to learn and grow as martial artists. FEMA is friendly and inclusive for all!”-Lindsay Grabb*

*“I am always happy when I can support FEMA! To support that which has and continues to support me is a sort of balancing of the Universe. We and the the world are a better place because of all you and FEMA have done! Thank you so very much!!”-Su Sandon*

*“I have been so grateful for the skills my children have learned over the last two years at FEMA, and the community we've become a part of. We just love Sensei Kore and the care she shows each kid while also training them to be skilled martial artists. There is something so wonderful in how she teaches, the self-confidence she instills and the ability to calm and quiet themselves that is so important to life. This is such a wonderful organization to have in our neighborhood.” -Tessa Christensen*