



NETH Publishing
PO Box 38
Cockermouth
Cumbria
CA13 0GS

Andy Daly is someone I would have no hesitation in recommending. During the time I've known him he has really impressed me with his unwavering commitment to the martial arts, his desire to continually develop himself and his students, and his warm and friendly manner. As well as being a very able martial artist, I have found Andy to be honest, articulate, committed, approachable and thoroughly likeable. In fact, he has an abundance of all the qualities a good instructor requires.

I've had the pleasure of being invited to teach at Andy's dojo on numerous occasions. The professionalism with which Andy and his fellow instructors approach the martial arts always really impressed me. The results of this professionalism are also instantly apparent upon observing the technical standard and conduct of Andy's students. There is always a great atmosphere at their dojo, which I feel is again testament to Andy's skill as a martial artist and his ability as an instructor.

The single most important decision anyone can make in the martial arts is their choice of instructor. Deciding to train with Andy Daly would be a smart choice. I highly recommend him.

A handwritten signature in black ink that reads "Iain". The signature is written in a cursive style and is underlined with two parallel lines.

Iain Abernethy – 5th Dan BCA & 5th Dan EKGB
Author of numerous books and DVDs on the practical application of Karate.