

To: Whom it may concern

When I first heard about Evolution from a friend, I was apprehensive to say the least, always putting off that first visit to the school, to see what it was like. Eventually, I went, and saw for the first time what Martial Arts was all about.

Joining in for the first time, I was weak, unfit and overweight and unable to do the most basic move or pattern. But I was still shown respect and friendship from the instructors and other students. Over time, I learned the basics, and moved to do more advanced work, but still had the encouragement and support of everyone present, every step of the way.


My physical condition started to improve: stamina, strength, flexibility, coordination; all greater than at any other time in my life. The improvements in my body were equalled by the improvements in my mind. I became more confident, controlled, friendly and determined. I learned courtesy, modesty, integrity and self control, both physical and mental.

While training and learning, I learned that there were other things in life besides computer games and junk food. Through the guidance and aid of the people I met, I discovered an entire new way of looking at life. Embracing challenges and opportunities, rather than ignoring them to sit alone in my room, playing computer games.

From that day to this, I have never regretted my decision to join and train. Over the years, my abilities have continued to improve, reaching new heights and past barriers I once thought impossible to break.

I am very grateful for the opportunity to discover martial arts through Evolution, and will hopefully continue for my whole life.

Kind Regards, Nicholas Jinks 17/3/06

 17/3/06

3 Edgehill Road  
Bridport  
Dorset  
DT6 5BD

13<sup>th</sup> March 2006

## Testimonial

With reference to Evolution school of Taekwondo and in particular my children's instructor Simon Wachon.

I have two young and very active children, Jack age 9 and Lois age 6, who are learning the art of Taekwondo with Evolution. In the short time, about six months, that they have attended their classes I have noticed an improvement in discipline and concentration in and around the family home. Both have gained in confidence and self awareness, which I attribute to the Taekwondo lessons.

I have watched their lessons on a number of occasions and feel that Simon emits a calm and organized persona that is transferred to his class through his teaching methods. I feel it was a positive move to send my children to Evolution to learn Taekwondo from Simon, as it will give them a future of self-esteem and respect for others as they mature in life. I would have no hesitation in recommending Simon and his teaching methods and feel that this has been a valuable and constructive input to our family unit.

A handwritten signature in cursive script, reading "Chris Copeland". The signature is written in dark ink and is positioned above a horizontal line.

**Chris Copeland.**

Crock Lane  
Bridport  
Dorset

Tuesday 14<sup>th</sup> March

To whom it may concern,

Learning tae-kwon do has changed my life in a very positive way. Mostly it has made me a lot more confident in my abilities and in life. I feel confident I could protect myself from an attack of any kind.

Tae-kwon do has also given me lots of friends because Evolution is just a big community. All of the students are taught respect from joining evolution by always referring to an instructor as "sir" or "maam".

I am also stronger physically and I am not picked on at school because people know I can defend myself. I used to have a real temper but now I have a good place to blow off steam.

Mum say's it good exercise for me too and is really pleased I have a hobby I enjoy so much. She is really proud of me when I pass my grading's and get new belts.

Henry

Henry

To whom it may concern,

I have been a participant of TaeKwonDo for the past 3 years. I joined Evolution TaeKwonDo in August 2003 and I have acquired tremendous benefits. This I owe to Evolution Tae KwonDo founder, Simon Wachon. His organisation has given me so much I do not know where to begin.

Through his teachings and that of his club instructors I have achieved a level of discipline I never thought I could. I have gained confidence and new levels of physical well being.

I have learnt respect and have made friends through the organisation he created and I can now honestly say that I have found my passion that I intend on continuing with indefinitely.

Everyone that is a part of Evolution are exemplary people and I couldn't imagine being with any other organisation and still get out what I do now.

Simon Wachon in particular has been quite an inspiration to me. He has coached exceptionally gifted people who have gone on to win gold medals in major championships such as Francis Miller and Lewis Dunn. I hope to pursue the same one day with Mr Wachons help and that of my current club instructor.

In my first year with Evolution I actually participated in The WMST Cheltenham Open in which my team won bronze. This was my first and still only one of two trophies that I have. This wouldn't have happened if it hadn't been for Mr Wachons encouragement and persuasion for me to compete. He believes in peoples abilities and encourages them to be all that they can be.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Matt Cozens', with a stylized flourish at the end.

Matt Cozens  
22/03/06

103 Stoke Road  
Taunton  
TA1 3EL

16<sup>th</sup> March 2006

TO WHOM IT MAY CONCERN

**SIMON WACHON**


Our son, now aged just under 8 years old, has attended classes with Evolution Tae Kwon Do for a little over two years. The classes have been lead by Simon Wachon.

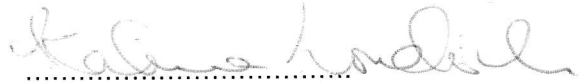
Throughout that time we have been extremely impressed and pleased with the way the classes have been run and how our son has developed.

Simon is very approachable and sensitive to the needs of his students, both on an individual and a class basis. He has the happy ability to instil discipline and exert control whilst maintaining an excellent rapport with his students.

Under Simon's guidance and leadership, our son has learned not only a significant degree of technical ability but also appropriate social behaviours and attitudes. We have observed classes and are completely confident in leaving our son in Simon's care.

We would have no hesitation in recommending other children, and indeed adults, to Simon's coaching. We are both solicitors although this statement is given in a personal and not a professional capacity. We would be willing to discuss this statement if appropriate.

  
.....  
David Lovelock

  
.....  
Katriona Lovelock

Mr J W & C M Conroy  
4 Beasley Court  
CHARD  
Somerset  
TA20 1DX

18 March 2006

**TO WHOM IT MAY CONCERN**

In July 2005, we visited the Evolution Tae Kwon-do open day, there we met Simon Wachon who invited us to come along and try a session as a family. Our initial concerns were that we were possibly too old, and our youngest son was too young at 4 years of age. Since attending our first session, we are hooked, everyone is always friendly, and supportive and all our initial concerns have gone. We thoroughly enjoy attending as many sessions a week as possible.

Simon and his instructors teach to a very high standard, they are very supportive, patient, friendly, helpful and approachable. Each session we attend teaches us something new, at each session we do something different and all come away feeling satisfied that we have enjoyed ourselves and have achieved something that day. Our eldest son would spend most of his time there if he could, at 8 years old, he has excelled and we have all benefitted in many ways from feeling fit and healthy, to having an interest as a family, and to having great fun, we have also met some really nice and interesting people. At each session there are various ages and grades, although we all work together as a team, training together, having fun together and supporting each other throughout. Simon and his instructors are able to offer each individual the support they require to achieve their potential.

I would recommend Evolution Tae Kwon-do to anyone, simply because it has so much to offer each individual that attends, and you can personally develop yourself both physically and mentally. We would like to thank Simon for this, and for his enthusiasm and dedication to Evolution, which has inspired us to achieve. We hope that others are brave enough to give it a try because they won't regret it.

Yours faithfully



Bill, Chris, Jasper and Thomas Conroy

65 King Athelstan Dr,  
Chard  
Somerset  
TA20 2HY.

After starting Tae Kwon Do and Kickboxing with Mr. Wachon I feel my confidence and self-esteem has improved. I now try things that I would previously not have attempted. Everyone at Evolution are friendly and welcoming, they make everyone feel happy and no matter what people's abilities are everyone is made to feel equal and a valued member of the class. No matter what grade people are everyone interacts and make friends. Mr. Wachon, and everyone else at Evolution has made me feel part of the 'family' and I feel as though I have made many friends. I now feel more self-confident in my own abilities and that I can give everything a

try. I would especially like to thank Mr. Wachon for everything!

Kirsty Grabham

KAG

Dear Simon, tae kwondo has made  
me more fitter and flexible I enjoy  
it because it is fun and I also enjoy  
learning new moves. I like the martial  
stories you tell us on the mat.

Ronan Treble

Age 6



1, Trevor Smith Place  
Taunton  
Somerset  
TA1 3RW

To whom it may concern,

My name is Tyler Body and i am 11 years old. I would like to write to you to let you know how much disaplin and confidence i have gained since i have joined Tae Kwon Do Martial Arts and have been taught by Mr Simon Watchan who i believe is a fantastic teacher who understands the needs of each and every student he teaches.

I joined Tae Kwon Do in December 2002 and i was a very nervous boy and i had no confidence at all in myself, but now i have gained so much in myself and i also feel healthy and fit and i am now heading towards

doing my Blackbelt Grading which is all down to Mr Watchan and his Confidence in me and of course his hard training which i thoroughly enjoy.

I have also been to my Very 1<sup>st</sup> Competition and i came home with a silver medal for Sparring and i am very proud of myself for that because i went out and proved to myself that i have got Confidence to do things like that and i have Simon to thank for that for believing in me that i could go out there and do it.

I would just like to say i would recommend to any Child or adult who would like to do Martial Arts for their Confidence or fitness or just to enjoy Martial Arts go and learn with Mr Simon Watchan because he is the best teacher and a good friend.

Thankyou for reading my letter.

Yours faithfully.

Tyler Body  
Age 11.

20/3/06

David + Naomi Rowsnell  
15 Ham Green  
Hambridge  
Langport  
TA10 0AR

To Whom it may Concern,

My daughter and I attend  
Evolution Tae Kwan-do in Chard. We have always  
found Simon Wachon and his team of instructors  
to be professional, encouraging and very helpful.

The disciplined but friendly way the classes  
are run has helped both of us improve fitness,  
Coordination, self control, strength and concentration  
levels. Naomi has particularly benefitted from  
improved concentration levels in her school work.

Personally, I have enjoyed Tae Kwan-do no  
end. I am really impressed by how professionally  
the club is run, the standard of facilities, value  
for money and above all the attitude of  
the instructors.

I am also pleased that my daughter is  
learning self defence skills.

Many thanks.  
David Rowsnell.

Mr S Hiscox  
47 Alexandra Road  
Yeovil  
Somerset BA21 5AL  
18 March 2006

To whom it may concern

My daughter Rebecca, who is nearly nine, began her love of Tae Kwon-Do after seeing an Evolution demonstration as part of the local carnival. For just over two years, Rebecca has attended classes, gradings, a tournament and local public demonstrations as part of her training and promotion of this martial art.

When she started, she was experiencing difficulty at school with her self-confidence and integration with other children. Through the friendly yet well-structured classes and the subsequent gradings, her self-confidence has improved tremendously and she has developed a deeper maturity and respect beyond others of similar age.

Both my wife and I attribute this to the Evolution "family" and the way that Simon expects all his students to behave and develop. There is no differentiation between age and sex and this engenders a genuine feeling of achievement following a successful grading. Simon's experience of not only Tae Kwon-Do but also kickboxing and other martial arts is actively demonstrated and made available to all. His way with students is easy going but belies his strong belief in the tenets of Tae Kwon-Do. He also encourages students to learn the history of the art and the in-depth knowledge of the Korean terms required to progress through to black belt status. This attitude ensures students achieve an extremely comprehensive education in this discipline.

We have supported Rebecca's training but it is her own increased self-belief that has driven her to want to achieve more with each phase of her training. We are grateful to Simon and his fellow instructors for the time spent with Rebecca and the relaxed yet sound methods employed through the classes. Rebecca's next goal is her black belt and we are confident that not only will she achieve this but be sure that she has earned it through Simon's overall supervision.

Yours faithfully,

A handwritten signature in black ink, appearing to be 'S Hiscox', written in a cursive style.

S Hiscox

## *Phoenix Counselling*

*Lyndsey Woolley, 3 Milford Road, Yeovil, Somerset, BA21 4QE*

*Advanced Diploma in Therapeutic Counselling (2002)  
Master NLP / Hypnotherapy Practitioner (2002)  
Member of the B.A.C.P.*

To Whom it May Concern,

My son, Michael, has been attending Tae Kwon-Do lessons with Mr Wachon for over three years, beginning at the age of five and still continuing as he approaches his ninth birthday and prepares to take his black belt grading in a couple of months.

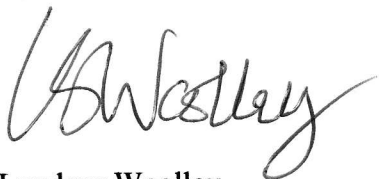
Mr Wachon's kind and caring attitude and expectation that anyone who wants to, can succeed, has turned an initially quite clumsy five year old into a confident boy with a very positive body image, a great level of physical fitness, a respectful attitude to others and a real sense of achievement.

While my son has experience of other Tae Kwon-Do instructors, at times over the years, none have proved to be a role model in the way that Mr Wachon has. He demonstrates a positive attitude towards others and encourages the best from everyone.

Michael will be asked questions in his forthcoming black belt grading, one of which could be, 'Who do you admire, in or out of Martial Arts, and why?', when I asked him this question at home, he immediately replied, 'Mr Wachon, because he's kind and an excellent teacher,' he was then struggling to define what exactly it was about Mr Wachon that made him admire him so much and said; 'he's just brilliant really, there's something special about him.' Having watched many hours of my son's training over the past few years I can certainly agree that there is an excellent relationship between them and that there is 'something special' about Mr Wachon's attitude and enthusiasm towards the teaching of Tae Kwon-Do that has rubbed off on Michael. When Mr Wachon is teaching, neither he, nor Michael seem to want the lesson to end – even when it's two hours long!

In conclusion I would feel extremely happy to vouch for Mr Wachon's excellent teaching ability and excellent attitude towards his students. I am so very glad that he has had such a positive influence on my son and could not wish for a better role model for him.

Yours truly,



Lyndsey Woolley

92 Wordsworth Drive  
Taunton  
Somerset  
TA1 2HL

18<sup>th</sup> March 2006

To whom it may concern,

I am writing to you to say how brilliant Mr S Wachon is to all the Evolution Martial Arts club members.

He has affected my life tremendously over the three years I have trained there. To begin with, I never talked to anyone much and never seemed to get on well with people but now I talk to everyone who trains with me and I get on well with everybody there.

He helps you to overcome your fears for example you could be nervous around certain people and he will help you overcome that fear and you will become a better person.

He is a great friend and instructor and has supported me through some difficult times for which I am very grateful.

Thank you for taking the time to read this letter.

Yours sincerely

A handwritten signature in cursive script that reads "David Dickinson". The signature is written in dark ink and is positioned above a horizontal line.

Mr David Dickinson

45 Burge Crescent  
Cotford St Luke  
Taunton  
Somerset  
TA4 1NU

Tel 01823 430182  
Mobile 07833 595535  
E-mail jon@pons1.wanadoo.co.uk

18<sup>th</sup> March 2006

To Whom It May Concern:

I am writing this letter to you in the capacity of David Dickinson's Step Father.

I have known David for about Two years now and have noticed a great improvement in David's confidence in talking to and dealing with people and put this down to the hard work and support that Mr S Wachon has given to David.

It is nice to see that the pupils respect and listen to Mr S Wachon and that they are learning discipline as well as a skill.

I hope that Mr S Wachon gets all the support that he is asking for.

Keep up the good work Mr S Wachon

Thank you

Yours sincerely

A handwritten signature in black ink, appearing to read 'J Pons', written over a horizontal line.

Jonathan Pons