

November 7th 2007
Birkenhead
AUCKLAND
NEW ZEALAND

To Whom It May Concern:

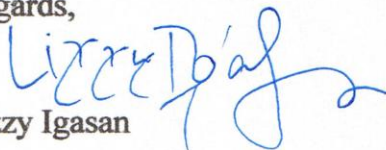
I am the current captain of the New Zealand Women's Hockey Team (the Black Sticks) and have just over 100 international test caps to my name. I was grateful enough to be introduced to Chris Toal and the Bodywall Training system in 2006 while taking a break from international hockey. Since then I have enjoyed a very successful international season (recently qualifying for Beijing Olympics), and I have experienced success at both the club and provincial levels. I am the only female to play in the premier men's club competition in North Harbour. (NHL Winners 2006, and finalists 2007).

With hockey not being a professional sport in New Zealand and having to juggle the demands of full time work, hockey and training into our day-to-day lives is important that our training methods are specific and effective. With that in mind you may understand my enthusiasm to endorse the Bodywall for all it has to offer.

As an athlete you need to understand how to perform your required skills to the best of your ability on a consistent basis. Bodywall is a great training tool that not only enables you to learn about your body but it also allows you to train your body on as many levels as you want/need. There are no limitations with this tool. I have found the Bodywall exceptional as it has allowed me to train my strengths and, more importantly, my weaknesses by breaking down the process of performing such hockey skills and working through each phase. This in turn is allowing me to magnify the training load on such a specific level and does not require a massive time commitment; I can honestly say that no other training tool allows me to do this.

I could speak about the benefits of Bodywall for as long as you're willing to listen but to make it clear - the Bodywall is giving me the chance to excel in my sport as an athlete and hockey player on club, provincial and international level. I believe the Bodywall will play a major role in enabling me to be a stand out performer during upcoming major international tournaments and I would like to hope that many more New Zealanders are exposed to such opportunity in their chosen fields.

Regards,



Lizzy Igasan