

Lori: Hi. I'm Lori and this is ...

Lincoln: Lincoln.

Lori: Lincoln. I've been training at Robot for about two years now and how long have you been here?

Lincoln: I've been like two weeks.

Lori: Two weeks. More like six months. I've always loved martial arts period and I wanted to start something active after having this guy and just learn something new and basically I just went online and found the closest place and it got really good reviews and then once you try it out and you do the intro class, I was kind of hooked from then on and then just went from there and kept doing more and getting really into it.

Everybody there is on the same level as you that have never done it before so where you start is where everybody else is. It's not like a competition unless you want to compete but you don't have to do that. It's just really fun.

Do you like your Robot's coach? Who's your Robot's coach?

Lincoln: Robbie.

Lori: Coach Robbie. He even said, "I want to be a Robot coach when I grow up." The instructors here are great. All the coaches are super-knowledgeable. They are so experienced and their classes are so fun.

I don't know. I kind of just fell in love with martial arts period and it's kind of addicting once you get into it, it's really exciting and everybody there is there to learn and do the same thing so it's just ... everybody is a little on the same wave length which makes it a lot more fun.

Lincoln: I love Robot.

Lori: In a robot voice.

Lincoln: I love Robot.

Lori: When I first came here, I was probably two years after I had him and I was just trying to get back in shape and ... Bless you. I really didn't have any cardio ... any knowledge of martial arts whatsoever and now I feel like I'm a totally different person. I have enough energy to deal with this guy ... finally.

Go up to the camera and say, "I love Robot."

Lincoln: I love Robot. I love Robot.

