

Rad: Hello, my name is Rad Prasad. This is my family. We've been here at Robot for about four years. This is Riha. She's been training in jiu-jitsu, wrestling, strength and training here, and a little bit of Muay Thai. She also has a little bit of background with hapkido and Krav Maga training. This is Rayna. She has similar training as her sister, been here four years. She's been doing jiu-jitsu and a little bit of Muay Thai and strength training class also. This is Ronnie. She's been training here for about a year. She's been doing Muay Thai and jiu-jitsu. My wife Shironi, she hasn't been doing anything. She will be starting next month, we're planning on. I have just started jiu-jitsu about a month ago.

The kids have been training since they were six. They've been doing hapkido and so we've been to different gyms. I found Robot driving down, going home from work. I saw it. I walked in there. I looked at the environment. It looked okay. Then about a week later talked to my wife, brought my kids in. We just sat there through a class, through a kid's class. We liked it. Everybody liked it. We decided to join for a month. We've been here ever since. I mean, it's a great place. It's not just a training gym, I would say. I'd say it's a Disneyland for martial arts for a family. I mean, it's a great place. I mean, the environment here, it's very welcoming, very warm. All the instructors are just great. If you're thinking about joining, just come and try it.

Riha: The instructors here are all really great. There's so many different ways to describe them, but in general they're all just amazing. They help us through our goals to when it comes to competing. They come out there and coach us. They give us that sense of confidence when we need it. Usually at the others gyms there weren't many people my age or size that I could actually train with, but coming here I've actually found many different partners, which actually helps me progress towards my goals.

At first my goal was to actually win a tournament in jiu-jitsu. Now, it's come to actually competing nationally and then being able to get my black belt soon.

Rad: The thing about Robot, it's they make training fun. If you might be hesitant to try, you may not want to get hurt or you're not really sure what you're doing, but think about it at Robot. I mean, you'll get a top quality instructor who's willing to teach you step-by-step. If you make a mistake, it's not a problem. No one's going to say anything negative or anything like that.

Everybody just gets along great. I mean, from the parents to the members to the coaches, everybody, it's just like a big happy family. Other dojos or other martial arts places are more male oriented. Over here it's more family oriented. They've got male and female. You've got younger kids and older. It's a good mix here. You can pretty much train with top level competitors to the beginners. There's a whole range of people here.

Just come sit and watch. You will automatically want to try it. You'll be sitting there just like I was. I didn't plan on training. I was just sitting there watching the kids, watching everybody. After talking to all the coaches, they encouraged me, "Come on, try it. Try it." I just jumped in. It's going to be the same thing. If you want to come, just sit and watch. Just see the environment. See how the training goes. You will automatically want

to come try it.