

UNITED STATES CAPITOL POLICE
WASHINGTON, DC 20510-7218

December 1, 2006

From: Special Agent Rudolph D. Smith, III
United States Capitol Police Department
Dignitary Protection Division

To: Mr. Paul Vunak
Progressive Fighting Systems

Subj: Letter of Recommendation


I would like to thank you for training me in hand to hand combat tactics and street fighting. Your training concepts were easy to learn and are the most practical self defense program that I have ever participated in. It is an honor to become one of Progressive Fighting Systems, Certified Executive Instructors.

As a Special Agent for the United States Capitol Police Department, Dignitary Protection Division, it is imperative that I maintain myself physically and mentally during every assignment. I feel that the combat techniques learned at Progressive Fighting Systems, combined with my prior Law Enforcement Training, makes me confident in my ability to defend myself or others in almost any situation.

I highly recommend Paul Vunak's (PFS) to any Law Enforcement Agency or civilian who wants to increase their proficiency in their ability to defend themselves or others.

Paul, thank you and your instructors for your knowledge and fortitude. I can be contacted at rudolphsmith3@aol.com.

Sincerely,


Rudolph D. Smith, III
Special Agent U.S. Capitol Police
Dignitary Protection Division