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CHRIS WATTS  
MOTION DYNAMICS LIMITED  
SKYWAY CENTRE, 27<sup>th</sup> FLOOR  
23-25 QUEENS ROAD WEST  
SHEUNG WAN, HONG KONG

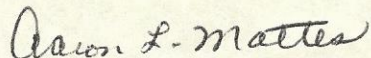
TO WHOM IT MAY CONCERN:

THIS IS TO CONFIRM THAT I APPROVED OF CHRIS WATTS CEO OF MOTION DYNAMICS LIMITED, TEACHING ACTIVE ISOLATED STRETCHING. I ENDORSE THE WORK TAUGHT BY CHRIS. CHRIS ATTENDED SEVERAL OF MY SEMINARS INCLUDING THE FIRST ADVANCED AIS WORKSHOP AND SPENT NUMEROUS HOURS IN MY CLINIC.

I ALSO SPENT TIME IN HONG KONG TEACHING CHRIS AND HIS TEAM ADVANCED ORTHOPAEDIC TREATMENT PROTOCOLS WHICH HE USES IN HIS MOTION DYNAMICS CLINIC AND ALSO TEACHES TO HIS STUDENTS.

CHRIS WATTS HAS BEEN PRACTICING ACTIVE ISOLATED STRETCHING FOR THE PAST 22 YEARS AND IS ONE OF THE WORLD'S MOST PROFICIENT STUDENTS OF MY WORK.

RESPECTFULLY,



AARON L. MATTES