



DEPARTMENT OF THE NAVY
NAVAL SPECIAL WARFARE DEVELOPMENT GROUP
DAMNECK
VINGINA BLACK VA 23A61


ALREPLY RERED CO

1650
Ser N1/255
14 MAY 1991

From: Commander, Naval Special Warfare Development Group
To: Mr. Paul Vunak

Subj: LETTER OF APPRECIATION

1. You were employed by this command on a number of occasions since 1987 for your expertise and knowledge in the field of combative, hand to hand fighting.
2. Unlike most law enforcement techniques which use restraint when faced with a life threatening circumstance, your aggressive art is designed to quickly neutralize a threat in a life and death situation. You are one of a number of martial artists that were considered for the job. You were chosen not only because of your ability to teach but your ability to apply your art as well. Some instructors considered were more well known, but none were better than you.
3. We appreciate the quality of your training and the benefit we received both collectively and individually. Thank you for a superb job.


N. E. HUSTON
Commander, U. S. Navy
By direction of the
Commander



**DEPARTMENT OF THE AIR FORCE
505TH OPERATIONS SQUADRON (ACC)
NELLIS AIR FORCE BASE, NEVADA**

23 September 2006

Maj Stephen C. Price
3663 Tyndall Ave
Nellis AFB NV 89191

Paul Vunak
Progressive Fighting Systems
114 Avenida San Fernando
San Clemente, CA 92672-3423

Mr. Paul Vunak:

1. You were employed for your expertise and knowledge in the field of combative, hand to hand fighting. In March of 2006, you provided personal combatives instruction, significantly enhancing Air Force individual combat capabilities.
2. As the Air Force more fully embraces the nature of the current expeditionary operations tempo, deploying Airmen throughout the world in support of the Global War on Terror, the requirement for improved personal defensive capabilities to include both armed and unarmed techniques has dramatically increased. Lacking the culture of personal combat as shared by our fellow services, the Air Force requires an effective combat system that is easily taught and retained despite an absence of previous combatives training experience. Your aggressive combat system is designed to quickly neutralize a threat in a life and death situation and was designed with simplicity in mind. Your instruction was chosen not only because of your years of combatives experience and familiarity with the military but also due to your ability to teach.
3. The quality of your training and the benefits received both collectively and individually were greatly appreciated. Thank you for an outstanding performance.

A handwritten signature in black ink, appearing to read "S/C Price", written in a cursive style.

STEPHEN C. PRICE, JR., MAJ, USAF
Director of Operations



DEPARTMENT OF DEFENSE
WESTERN HEMISPHERE INSTITUTE FOR SECURITY COOPERATION
7011 MORRISON AVENUE, RIDGWAY HALL
FORT BENNING, GEORGIA 34905-2611.

July 12, 2002

Office of the Commandant

Mr. Paul Vunak
Progressive Fighting Systems
316 W. Avenida Pallzada
San Clemente, California 92672

Dear Paul:

Thank you for the outstanding training you provided on Friday in San Clemente and throughout the retreat at Lake Isabela. It was a very interesting, enjoyable and useful experience.

The instruction was excellent and I was impressed with the concepts and techniques of the Progressive Fighting Systems. The high spirits and camaraderie you shared with your instructors and students was clearly evident. You were also exactly correct when you said we would learn even more from other participants than from the specific training offered.

I look forward to training with you in the future. Perhaps we can work an arrangement at some point where you could conduct a seminar to train our military and police students here at the Western Hemisphere Institute for Security Cooperation.

Wishing you all the best.

Sincerely,

Richard D. Downie
Colonel, U.S. Army
Commandant



UNITED STATES MARINE CORPS

Company C 4th LAR Bn.
Camp WG Williams
Kivecton UT 84C65

03 AUG 2006
DAL

From: Sergeant Dana, D.A. USMC MAI/McMap Program
To: Mr. Paul Vanak

Subjs Letter of Recommendation

1. Due to the ever increasing need of highly trained Marines deployed throughout the world as part of the Global War on Terrorism, it has become necessary to train and sustain the individual Marine for an ever increasing level of readiness for future conflicts to come.
2. The Marine Corps Martial Arts Program (MCMAP) has become the program to help coalesce the potential of every Marine as a proficient warrior in Hand-to-Hand Combat tactics.
3. I have personally trained with Paul Vanak for a period of over three years. I have found his techniques to be among the best in the world in regards to the science of hand-to-hand conflict and fighting. There are very few systems in the world that compliment the mindset of self protection as outlined by the Marine Corps. Mr. Vanak's system has complimented the training that I have given to my Marines, and in my opinion has helped to develop them more fully in self-preservation and the Martial way.
4. I would personally like to thank Mr. Vanak for his desire to perpetuate the Martial Sciences and his personal knowledge to the civilian and military community.
5. I highly recommend Mr. Paul Vanak to anyone who has the desire to elevate their personal safety and the safety of their loved ones. From my professional standpoint Mr. Vanak has shown me that he is extremely knowledgeable in almost all, if not all, encounters you will find as a danger to yourself or others.

If you have any questions or concerns, please feel free to contact me at (801) 361-4924 or (801) 361-4923.

A handwritten signature in black ink, appearing to read "Dana, D.A.", with a stylized flourish at the end.

Dana, D.A.
SGT/USMC
MCMAP INSTRUCTOR

Julio J. Martinez

Mayor

Herman Echevarria

Council President

Paulino A. Nunez

Council Vice-President



City of Hialeah

Council Members

Carmen Caldwell

Salvatore D'Angelo

Angel F. Fajardo

Isis Garcia-Martinez

Alex Morales

July 15, 1993

Mr: Paul Vunak
Progressivo Fighting Systems
Long Beach, California

RE: LETTER OF APPRECIATION

Dear Mr. Vunak:

On July 13-16, 1993, you conducted a Specialized Self-Defense Seminar for the Hialeah Police Department. Attendance for your seminar gained tremendous interest from this Police Department and other agencies. You trained over 30 officers including our S.W.A.T. Team and officers from other jurisdictions.

The overall response from officers who attended the training was positive and it created a great amount of confidence in dealing with close quarter subject encounters and ground fighting techniques. The material covered was outstanding and you made the class extremely enjoyable. Your instructing ability to train the patrol officers and S.W.A.T. Team was outstanding.

It is our recommendation that other departments retain your services based on your performance here in the City of Hialeah. You demonstrated professionalism and inordinate knowledge of the training material.

Sincerely,

Sergeant W. Philbrick
Hialeah Police Department
Training Center

Sergeant J. Bofia
Hialeah Police Department
Defensive Tactics Coordinator

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

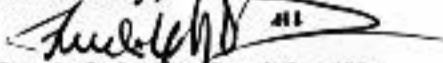
I would like to thank you for training me in hand to hand combat tactics and street fighting. Your training concepts were easy to learn and are the most practical self defense program that I have ever participated in. It is an honor to become one of Progressive Fighting Systems, Certified Executive Instructors.

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



U.S. Department of Justice
United States Marshals Service
Central District of California

Los Angeles, CA 90012

January 5, 2007

To: Paul Vunak

From: Arzate, C. DUSM

RE: Letter of Appreciation

Dear Paul,

I would like to take this opportunity to say thank you for the great CEI seminar you held in November of 2006. Your teaching skills are to be commended, as the senior D.T. Instructor, an S.R.T. member, and an active reserve Marine. The attention to detail in your explanations throughout the course simplified my understanding of the PFS system. I am always on the look out for any additional training that will give me the edge in any confrontation I may come across in the streets of L.A. I've never really had such enthusiasm and appreciation for such an instructor as yourself.

I am proud to say that the R.A.T. system is now being implemented throughout the District. I recall during our Q&A session that if we ever had any questions or problems to call you...day or night you would do whatever you could to help us. You did just that, I gave you a call late one night and you meant what you said. Once again, thank you for your support and I look forward to our future training sessions. If you ever need anything, day or night please don't hesitate to give me call.

Sincerely,

A handwritten signature in black ink, appearing to read "C. Arzate", written over a horizontal line.

C. Arzate
Deputy U.S. Marshal
SRT/EMT/D.T. Inst.
Central District of California, Los Angeles

