

Thessaloniki, 25 May 2009

I met Alexandre Acariès for first time in 2002 during the shooting of a DVD for AKSER. He was very young, but I noticed his staidness and patience.

Then I met him twice, during a karate seminar of AKSER in Mirepoix (2004) and in L'Isle en Dodon (2006). I remember the second time how much he took into account my remarks for some techniques. He was much focused and very modest, that really impressed me.

Alexandre has a high karate level, he practises honestly and I admire his severity. He is also open-hearted, he is passionate with martial arts and he has dreams.

I hope for him to make honest choices in his budo life and to not hesitate to question EVERYTHING! This will make him wiser and stronger!

In the end, I wish him to be always sincere with himself. That is the way of do!

Sofia Xygala

A handwritten signature in black ink, appearing to read 'Sofia Xygala', written in a cursive style.

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