

Testimonials



Over 10 years ago I hemiated a disc in my lower back from my Olympic weightlifting 'bent legged deadlifts' and it was 'niggling' me for many years . then I tore a 'hip flexor' the Psoas muscle and 'limped around' for 12 weeks . After consultation with my Chiropractor(my hips were over 2.5cm out of alignment!),and Investigating the issues , I carefully implemented a routine of Martial Arts type stretching. Light & Slow 'stiff legged deadlifts' to stretch hamstrings,'figure 4' Piriformis & Psoas stretches (internal Hip Flexes),The Master 'yoga' split stretch in combination with my 'tried and tested' Martial Arts stretching routine with amazing results. Upon revisiting my Chiropractor he was amazed ! my hips were in perfect alignment, the lower back issues resolved and my flexibility had increased by over 50% in 6 weeks !

I then implemented these methods into my Classes with the same Amazing results !.....yours faithfully, Graham Healy (Master Personal trainer & International Martial Arts Instructor Founder Healy's freestyle Tae Kwon Do & Boxing academy, Founding Director International Self defence Association [ISDA \(refer\) www.isdaselfdefence.com](http://www.isdaselfdefence.com)



My name is John Moraitis and I joined Graham Healy's Martial Arts Class 8 months ago . I had a serious groin tear and inflamed Bursa (knee cartilage) from a roller blade injury. I later injured my lower back from weightlifting. After some advice from Graham and following the Healy's stretching system my groin and knee problem 'resolved' to 90 % use from only 30%! my lower back is getting better (a recent injury) . I am amazed with the Knee & Groin issue as I thought I just had to 'live with it' as nothing else worked. also, I had trained in amateur Boxing and since training with Graham my power in my punching techniques has improved dramatically .



Kristan was a Healy's 12 weeks transformational Challenge champion having lost almost 11 kg body-fat and gained 3kg of muscle in just 12 weeks, her strength increased by 50% and although Kristan was already reasonably flexible , she increased her flexibility by a further 30% ! so that was a bonus , almost 11kg of body-fat lost, 3kg of muscle gained in 12 weeks plus 30% increase in flexibility it doesn't get any better than thatcomments Graham Healy

I have been a Client of Graham Healy for the past 6 months . Originally I started training through the Gym but due to a knee injury incurred doing 'one legged' squats and leg presses I decided to start with  >Kylie is a professional Dance Instructor who runs her own dance school in Brisbane through his training methods and has both been rewarding and enjoyable. yours faithfully, Kylie Mcmillan



> Darren Binon had been weights training for 10 years and suffered back and shoulder problems continuously until programmed by Graham Healy.Darren has now been Injury FREE for almost 2 years now due to following Healy's stretching system with his weights training

Darren is a customs officer at Brisbane Airport >Rick Schiro- competitive bodybuilder, security Guard and Businessman 'during my younger days I damaged my back by doing heavy dead-lifts' after applying Healy's methods my back is now GREAT ! I've now changed the way I train and my back is 100% better than it was before . >Julie Kruger Capitalcorp Underwood 'after a skiing injury Graham carefully re-programmed me so that I could continue to train without causing further harm-without his advice I would have given up '



Side Kick Stretch