

## **Testimonial**

My name is Debbie Henderson and I am currently 44 years old. I am currently registered as partially sighted due to an eye condition called Retinitis Pigmentosa (RP).

RP is an aggressive degeneration of the retina that affects night vision and peripheral vision.

I have been attending Karate for 5 years now and I am currently a brown belt with 1 stripe which is only 2 grades away from black!

I enjoy karate as it helps me stay fit but above all increased my confidence when I am out on my own, particularly at night. In addition, I have made lots of new friends at the academy who have been very supportive and the environment is not only friendly but extremely professional.

I try not to let this condition interfere with my training and I remain fully focused to achieve my black belt and beyond.