



One Man Making a Difference

By Ann Jensis-Dale,
DCMA Public Affairs

Patrick Cassidy is not one to sit still for very long. Just ask his girlfriend, Kymberly Duarte, or his friends and coworkers at Defense Contract Management Agency Hartford. According to them, he is a man on the move.

Cassidy volunteered for a contingency contracting administrative services deployment to Iraq in February and will be there until August. "He felt a strong desire to help our troops in any way he can," said Duarte.

Prior to his deployment, he received a promotion as a management analyst and transferred to DCMA Hartford from his position as a quality assurance specialist at DCMA Aircraft Propulsion Office Pratt & Whitney. Although his workday is long, Cassidy felt he could still do something more for the men and women serving in Iraq.

He holds a fourth degree black belt in Jujitsu and decided to offer



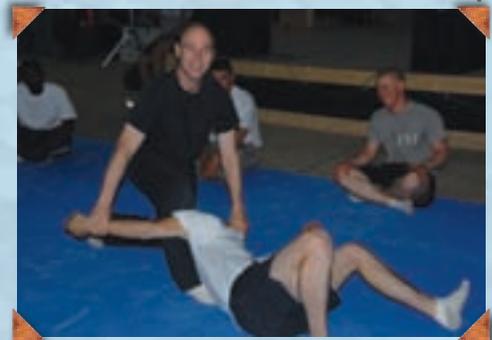
Patrick Cassidy, right, DCMA Aircraft Propulsion Office Pratt & Whitney and DCMA Hartford, is currently serving on a contingency contracting administrative services deployment to Iraq, where he's teaching basic Jujitsu classes.

basic training classes for anyone who was interested. Following his first class, word spread among the troops and subsequent classes quickly grew in size. Now fondly referred to as the "Hammer Jammer," Cassidy teaches techniques that are useful in any combat situation.

"[Cassidy] is teaching the troops the basics of Jujitsu, but what he teaches can save their lives," said Duarte. "If they are shot at, they will know how to fall swiftly and safely in a dive roll; if they are captured and taken from behind, they will learn how, with the littlest pressure, they can finagle their way out of a hold and put the enemy in a hold under their control," she continued.

According to Duarte, word about Cassidy's Jujitsu training continues

to spread through military bases in Iraq. Commanding officers at nearby camps are exploring training classes with Cassidy for their personnel. **C**



Patrick Cassidy, kneeling, teaches basic Jujitsu moves to service personnel in Iraq.

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