



**BODY MIND & SPIRIT  
KUNG FU**

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Dear Friend,

Re: PROVEN EFFECTIVE AT CREATING COURAGE & CONFIDENCE  
For Millions of People Across Hundreds of Cultures for Thousands of Years

### **The One and Only Proven True Path to Personal Power and Self-Mastery**

Tell me, how many fearful, timid, cowardly Martial Arts Black Belts do you know?

How many Kung Fu Masters cower in business meeting, cave-in to criticism, flee from confrontation, cannot assert themselves and submit bitterly to the will of others?

The answer is probably NONE.

This is because when someone learns to look their opponent in the eye, confront them one-on-one in the martial arts arena and emerge triumphant, it transforms their entire being. The confidence gained from facing and defeating an opponent is unequalled by any other activity.

The real reason for learning martial arts is not fighting people in alleys or the ability to smash bricks or boards into tiny bits. The real reward for learning Kung Fu is to liberate yourself from your doubts, fears, and inhibitions to realize maximum achievement and fulfilment in your life.

### **Proven Effective for Millions of People for Thousands of Years Worldwide**

While self-help trends and gurus come and go like the seasons, there is one method that has been around for MILLENNIUMS and proven effective for MILLIONS of people WORLDWIDE.

For thousands of years, for millions of people spanning all cultures, ages, occupations, and walks of life: martial arts training has been PROVEN to be the most effective method for systematically dismantling your self-limiting fears and creating true self-assuredness and self-assertiveness.

In fact, for many people martial arts training is the ONLY effective solution for freeing themselves from their fears and limitations. Many of our students report that they tried a myriad of 'trendy' positive thinking seminars or 'so called' assertiveness training workshops and yielded no significant results, yet finally find inner peace and power through Body Mind & Spirit Kung Fu.

## **How Body Mind & Spirit Kung Fu Can Help You Become Self-Assured and Assertive**

Unlike many other U.K. martial arts studios, we do not emphasize pounding on people in dark alleyways or smashing stones into piles of rubble.

As our name suggests, Body Mind & Spirit Kung Fu is a comprehensive system integrating all aspects of your 'self'. The aim of this physical, mental, and spiritual system is to help you confront and conquer your fears and forge courage, confidence, and conviction to create a deeply fulfilling life.

No matter whom you are or what you do, regardless of your age, gender, culture, occupation, or lifestyle, you can experience immediate benefits from Body Mind & Spirit Kung Fu. If you are serious about personal development and sincerely want to make the most of yourself and your life, then you owe it to yourself to try Body Mind & Spirit Kung Fu.

Body Mind & Spirit Kung Fu has a solid, 20-year track record of satisfied students that successfully achieved their physical, mental, and spiritual growth goals, so why not try it today?

### **For Only a Limited Time: BMS Kung Fu is Offering Beginners an Unbeatable Deal**

For a limited time we are offering you a fantastic Introduction to Kung Fu Class for beginners taught by our foremost Kung Fu Master Simon James at a price so low you have no reason to say no!

We are offering you this unbeatable deal because, after 20 years of teaching Kung Fu, we KNOW that once you experience all the great benefits and the life transformational power of martial arts training, that you will be hooked for life.

From the first day you don your uniform you will begin reaping the rewards of martial arts and each subsequent lesson will only deepen your appreciation. We know that all we have to do is get you to stop procrastinating and try it. After that, you will discover for yourself all the amazing reasons and astonishing rewards of martial arts.

For a limited time, we are offering you a 3 month (i.e. 12 week) course with our foremost Kung Fu Master Simon James for only £150. To learn about the outstandingly impressive qualifications and accomplishments of Master Simon James please visit our website [www.bmskungfu.com](http://www.bmskungfu.com).

Rarely do beginners have the chance to learn from the best, so spots in Master Simon James Introduction to Kung Fu Class will fill up fast, so don't delay, because space in his class is limited.

Make today the day you stop procrastinating and stop making endless excuses and postponements. Make today the day you take action and try Body Mind & Spirit Kung Fu. Make today the day you embark upon a whole new life.

Yours sincerely

Master Simon James  
Chief Instructor  
BMS Kung Fu

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