



**BODY MIND & SPIRIT
KUNG FU**

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Dear Friend,

Re: WHY 99% OF ALL EXERCISE ROUTINES ARE DESTINED TO FAIL
And Exactly How You Can Avoid This Tragic Fate Happening To You

Why Most People Fail to Achieve Their Fitness Goals and How You Can Avoid this Fate

With this letter we hope to clear up once and for all many terribly tragic misconceptions about exercise, fitness, and weight loss.

These myths not only cause unsuspecting people to make poor choices about their exercise routine, but also virtually guarantee that they will fail to achieve their health and fitness goals.

Most Exercise is so Repetitive that is it Destine to Become Intolerably Boring

Boredom, not difficult, is the great enemy of exercise.

Expensive exercise machines might seem exciting at first, but they quickly become so painfully boring that they are soon abandoned. It is a fact that most home exercise equipment ends up being expensive dust collectors in people's basements; but you don't have to take our word for it ... just scan the classified ads in your local newspaper and see for yourself how many exercise machines are for sale.

The same is tragically true for most other exercise routines – they are all so repetitive that they eventually become intolerably boring and once that happens losing one's will to continue is inevitable. The big secret, therefore, to sticking with an exercise regiment is not 'willpower', but always keeping your exercising dynamic and exciting. Here is how you can defeat dullness and stay motivated...

The Most Dynamic and Exciting Form of Exercise in the World that Never Becomes Dull

While exercise machines, plans, and fads 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 not only the most energizing and enjoyable exercise regiment in exists, but is the most effective method of achieving your fitness goals.

This is because Kung Fu is NOT a static, eternally repetitive routine, but a stimulating, kinetic system that endlessly teaches you new body movements utilizing every muscle in your body. There is no other exercise on Earth more continuously changing and constantly challenging than martial arts training. Kung Fu always stays fresh, new, and exhilarating... never becomes bland and boring.

BMS Kung Fu is Committed to Keeping You Motivated and Achieving Your Fitness Goals

At BMS Kung Fu, we know the importance of defeating dullness and keeping each and every class dynamic and disporting. Thus, our professional instructors deliberately design their classes to be an energizing, exciting and enjoyable experience that will keep you motivated and coming back for more. Kung Fu is practical exercise, rich in meaningful purpose and will always keep you motivated.

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.

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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