



**BODY MIND & SPIRIT
KUNG FU**

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Dear Friend,

Re: THE ABILITY TO DEFEND YOURSELF AND YOUR LOVED ONES
Is Only One of Many Fantastic Benefits of Martial Arts Training

The Many Amazing Reasons and Astonishing Rewards for Learning Martial Arts

The ability to defend yourself and your loved ones from violence and crime is only one of many great advantages of Kung Fu. Other phenomenal benefits of martial arts training include:

- (1) Increasing your confidence, courage, and conviction;
- (2) Becoming more self-assured and assertive;
- (3) Vigorous cardio exercise promoting weight loss and a healthy heart;
- (4) Muscle mass development and definition;
- (5) Building strength, speed, and stamina;
- (6) Improving coordination, flexibility and body awareness;
- (7) Developing mental and emotional discipline;
- (8) Strengthening your capacity to cope with stress, pressure, and anxiety from all sources;
- (9) Having fun and easily meeting new people that share a common interest;
- (10) And of course, the ability to defend yourself and your loved ones in threatening situations.

These are just the Top Ten of hundreds of amazing reasons and astonishing rewards for learning martial arts. There are so many wondrous benefits of martial arts training that entire books have been dedicated to describing them.

The power of Kung Fu is so obvious, yet so unknown, and is one of the world's best kept secret. It is not mere exercise for exercise sake, but highly practical and rich in meaningful purpose.

The Power of Kung Fu Training is the World's Best Kept Secret

It takes more than positive thinking, self-talk and visualization exercises to become a real winner in life. It takes a full physical, mental, spiritual system promoting growth throughout your entire being.

While self-help trends and gurus come and go like the seasons, martial arts training is the world's first and foremost, and the ORIGINAL personal development program. Martial arts have been around for thousands of years and in that time have proven their effectiveness for millions of people all around the world spanning all ages, cultures, occupations, and walks of life.

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 to achieve total personal mastery to create a deeply fulfilling and accomplished life.

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

