



TAKE CHARGE OF YOUR LIFE!

**BRING OUT THE POSITIVE QUALITIES THAT HAVE ALWAYS BEEN PART OF YOU!
DEVELOP PATIENCE, CONFIDENCE, SELF-DISCIPLINE, INNER CALM, AND A
CONSISTENTLY POSITIVE MENTAL ATTITUDE.**

**OVERCOME FEAR, SELF-DOUBT, ANGER, JEALOUSY, LAZINESS, AND BAD HABITS.
YOU CAN DO IT! IT TAKES SERIOUS, DEDICATED TRAINING, AND MOST OF ALL, IT
TAKES THE RIGHT PROGRAM.**

**THE MARTIAL ARTS LEADER OFFERS A CAREFULLY PLANNED PROGRAM OF
EXERCISE, VISUALIZATION AND INSTRUCTION THAT IS IDEAL FOR SELF-
DEVELOPMENT, BECAUSE IT EXERCISES ALL OF YOU!**

**AT THE MARTIAL ARTS LEADER YOU VISUALIZE YOUR GOALS AS YOU
PRACTICE EFFECTIVE SELF-DEFENSE TECHNIQUES. THIS UNIQUE COMBINATION
OF PHYSICAL AND MENTAL TRAINING CREATES BREAKTHROUGHS IN PERSONAL
TRANSFORMATION!**

**THE MARTIAL ARTS LEADER Will Be Your
PERSONAL SUCCESS TRAINER!**