

# An Invitation to train with the most Lethal Man on the Planet



**Francis A. Nwofor**

Team Captain of the Gold Winning Great Britain Karate Team 1994 - 1996

## **Stress - your Adversary**

- Are you constantly worrying & angry at everything
- Are you feeling overworked
- Are you experiencing loss of sex drive, weight gain or loss
- Are you always short tempered, restless, picking fights with your friends & family
- Do you want a better way to discharge your negative energy
- Do you want to develop peace of mind

## **Cut down your Adversary, *The Samurai Way***

Why: Because there is only one way to deal with adversaries; cut them down

During our **TIME** together we will use the art of the Warrior to:

1. Polish our spirit through the ecstasy of sweat and hard work
2. Develop your Endurance level
3. Teach you how to go with-in to find peace of mind
4. Teach you how to respond to situations instead of reacting in your usual way
5. Teach you how to defend yourself against your most formidable enemy

We will work the body to, condition & expand the mind, and control the emotion

### **Course Maxim**

Me

I will:

1. Be Nice
2. Smile
3. Have Fun

You

You will:

1. Pay for the course in advance
2. Commit to the course
3. Turn up on time

For more information call **T:** +44 (0) 797 3304 192 email **E:** [pas@fanenterprise.com](mailto:pas@fanenterprise.com) or visit **W:** [www.fanenterprise.com](http://www.fanenterprise.com)

---

**To Inspire, Motivate & Empower**