

## **- Describe your avatar? What is the avatar's target area?**

Avatar is teens ages 16-25. Anyone still young who is shy. (a geek). They are not confident in their everyday life and they like to keep to themselves in their small bubble. Making new friends is hard and being outgoing is not their go to move and they'll tense up if they need to do anything social that isn't with people they know.

## **- What are the pains and frustrations your avatar is experiencing?**

- Always pushed to become the best.

- "Martial arts has helped me to lose weight and get in shape. I've lost 20 pounds since I started training, and I've gained a lot of muscle. I feel stronger and healthier than I've ever felt before." - John, from a forum discussion on the topic of martial arts and weight loss.

- "Martial arts has taught me how to defend myself. I feel confident that I can protect myself if I'm ever in a dangerous situation. I've also learned how to de-escalate conflict and avoid violence." - Emily, from a social media post tagged with the hashtags #martialarts #bullying #selfdefense.

- "I was shy and introverted when I started martial arts. I was afraid to talk to people and I didn't have many friends. Martial arts helped me to come out of my shell and to make new friends. It also taught me how to be more assertive and how to stand up for myself. Martial arts has helped me to become a more confident and outgoing person." - James,

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**- What does your Avatar desire? What does their dream life look like?**

- "This place isn't just a gym, it's my home and the members here all feel like family."
- Want to be able to stand up for themselves!
- Wanting to stay in shape
- Wanting to become flexible
- Wanting to be confident
- Wanting to be able to defend themselves
- Wanting to become stronger and healthier
- Not get bullied and be more confrontational
- Learn to live in peace

**- What is the key Roadblock keeping your Avatar from achieving their Dream State now?**

- Being stuck in the comfort zone
- Being out of shape and overweight
- Not being confident
- being shy to stand up for themselves
- Being too weak to defend themselves
- Being non-confrontational

## From Anxious To Unmatched Confidence! Learn To Have Absolute Control of Confidence in Just 30 Days!!!

"ENOUGH is ENOUGH. I want to finally make a change and to 'fight instead of flight'." -is what I said as well as many others have while trying to run away from being anxious, shy and weak.

I admit it, I needed a change, this was—

**The Great first step...** and the most important one...

Acknowledging that I no longer wanted to live in the shadows, hiding from confrontation, that I wanted to speak my beliefs while not feeling any shame or shyness.

This was my goal I reached in which I want to scream to you IT IS POSSIBLE!!!

We all have thought about being 'extroverted' and strong, whether it was for a second or what may feel like years. The point is we want to change!

We'll never know when life will throw us in the spotlight, and I have gone through tribulation to now unleash —**The Foundation to be A Winner!---** so we can use the spotlight to SHINE!

The 2nd step is Commitment. Coming out of the comfort zone is no walk in the park but I struggled so you can achieve your own success of living a fearless life!

With my +25 years of being a sensei, and philipine national champion (TWICE), I have used my experience and taught many introverted, anxious, and shy people break their outer shell and truly bring out the inner warrior and now I will be doing the same for you in this

### **LITTLE TO NO COST Trial!**

Our price tag regularly is \$60 dollars a month... But now you can now invest in yourself for only **\$10 for your first 30 days**. The opportunity is the same as ordering 2 Strawberry acai lemonade; Grande Starbuck drinks!

I want everyone to have the same positive life I had because I believe no one should be living in fear.

Passing down this torch is an honor to give but do not be deceived, not everyone will have the same opportunity as RIGHT NOW.

I would suggest you act urgently as there are only **30 spots**, it's first come first serve. Once they all have been taken, the chance at changing your life will get rougher and rougher.

If you unfortunately don't reach growth (**I Am CERTAIN You Will**) I will personally give you a refund no-questions-asked and your 10 bucks will be returned.

The 2nd step requires bravery... be brave, make that change and create a new story that will be passed down for generations!

Quickly, Sign up below to request a spot for a class before you miss the chance at changing ...your...life!

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Email:\_\_\_\_\_