

Finally! A Blast of Refreshing Honesty About Getting (and Staying) In Shape....

Plus...\$177.00 In Gifts That Will Supercharge Your Fitness and Weight Loss Are Yours FREE...And Will Give you the Power to Defend Yourself in Any Situation!

*There's no obligation, nothing to buy, no small print, no BS...the gifts are really **FREE!***

Dear Friend,

If you're like so many others I talk to, you are searching for a **realistic and permanent** solution to getting in shape and not being bored to death while doing it, right?

If you are tired of not being able to see results quickly from your efforts and are fed up with the same old fitness routine than I've got something that will rock your world and help you get off the fitness and healthy life style "hamster wheel."

Do you agree that most of the "routines" that are being promoted nowadays are kind of like the proverbial treadmill?... A lot of effort that leads No Where, fast!

Well, It all can change for you like....Right Now! It's up to you.

I have countless success stories to share with you and I promise you. You will not find a more realistic, simple, fun and powerful method of toning your muscles, increasing your flexibility, and developing higher energy levels anywhere else all while toning up that important muscle- Your Mind.

I sincerely look forward to hearing from you. After reading this report, please call me for more information – I'm here to help you. There is nothing to buy, in fact, I have a few very special **FREE GIFTS** for you worth a real and true \$177.00 that will supercharge **Your Results** and Give you the Power to Defend Yourself in Any Situation!

Don't put this off. There's nothing more important than your health, vitality and personal security. Please take some time to read and when you're done call me and let me know what you think...

To your health,

David A Hurley

**A Blast of Refreshing Honesty About Getting (and Staying) In Shape.....
.....And
Having the Power and Confidence to Defend Yourself in
Any Situation!**

Martial Arts, Fitness and Personal Security Expert Reveals Closely Guarded Secrets That The Health Club and Weight Loss Industry Don't Want You to Know”

Dear Friend,

There are huge companies out there who lease a big space, put a whole bunch of machines in it, treat you like a number, promise you great results, look at you funny when you walk in, don't know your name, then ruin your credit if you decide you want to stop. Then you have the “infomercials” making those crazy promises and not keeping them. The failure rate is so high among people looking to get in shape.

They are leading you on in the name of market share.

They are hoping you'll forget about the money that's coming out of your checking account each month.

They are hoping that you never read this report!

The real truth is that most people who join these big places or buy the stuff off of TV never go or never use the program and that's what they want. - because they're raking in huge profits at your expense. I'll let you in on a little secret real quick. Getting in shape, staying that way, developing a real sense of security and reaching all of your goals in life is more mental than physical! It's easy rather than hard. Once you get it. You'll get it in a second, but first please answer these questions...

- Are you sick of these places appearing all warm and fuzzy and easy to use in the ads then getting their and discovering that you hate it?
- Are you tired of being led to believe it's your fault when you finally throw up your hands because the thought of another second on the elliptical machine makes you sick?
- Are you sick of ordering the thing off of TV, not understanding it and never using it?
- Do you want someone you can trust to tell you the truth and actually give you a proven blue print for lifelong fitness (and a whole lot more?)
- Do you want an environment where “real” people with similar goals can help you stay on track?

- Do you want a convenient work out schedule that you can simply show up to and enjoy?

**If you answered “YES!” to any of these questions,
then this may be the most important report you ever read.**

Because what I have to tell you addresses the more important issue you face –

Your health, Fitness, Self-Confidence and Personal Security are your most valuable assets. You can NO Longer Leave them to Chance!

From my years of experience as a Martial Arts, Fitness and Personal Security Expert what has been hammered home countless times is: Health, security and confidence are the most valuable assets we have... We need all three! So please take a few minutes to hear me out.

My name is David Hurley, and I am a Professional Martial Artist not a writer so I'm doing my best to get through this. I'm speaking from the heart! I have 10 Black Belts and I am a former Police Officer and Mixed Martial Arts Trainer with over 34years I've been involved in the arts.

First of all, let me put you at ease: I'm not here to sell anything!

I am not trying to “sell” you anything. I do have a powerful solution to getting in shape, gaining a real sense of personal security and training your mind so that it has the power to help you achieve any goal that you want.

My solution is a well rounded one. It's not some cool plan that has seven moving parts! It's very simple and actually Really FUN!

But before I get to that, let me expose the myths that the health clubs and weight loss people use to mislead you. Then I'll give you some practical tips on reaching your health, fitness and personal goals...

Exposed:

Weight Loss and Fitness Myths They Don't Want You To Know About...

1) You can't just pop a pill or drink a shake to lose weight!

It just doesn't work that way! Of course some will HELP, but the downsides to your health are not worth the risk. These companies simply prey on the dreams of dropping pounds over night and it just does not work that way!

2) This (Fad Diet) is the best way to lose weight!

Wrong again! The no carb diet, the low carb diet, the low fat diet, the south beach diet, the Atkins diet, whatever! They work at first because carbs, fats, and proteins are part of a natural diet. When you cut

one out you will see results at first because you are eating less. But this is like cutting off building blocks and it's not healthy for your body! This is where the term "yo-yo" diet came from!

Be Warned: The Wrong Diet Will Destroy Your Metabolism!

3) This (Easy Folding Fitness Doohickey) will get you in great shape!

Wrong! If anything it'll become a clothes hanger! Fitness devices must be combined with proper nutrition to be effective. It's great to shoot for tone muscles but if they're covered by a layer you can't see them!

4) You must join a GYM to get in shape!

Wrong! The drop out rate is so high that it is almost like automatic failure.

Don't waste your money on another expensive piece of exercise equipment or "Gym" Membership!

Revealed:

Four Secrets To Finally Achieving The Weight Loss, Health And Fitness Results You Want....

1. **The secret to making a simple Commitment to your exercise program.** The environment plays a big role. It's gotta be fun, motivating and made up of like minded people. The Health clubs just throw you in there. At home it's too boring and there are too many distractions. At High Performance Martial Arts it is a private environment made up of success conscious, goal oriented people just like you.
2. **The secret of having a Mentor/Coach/Teacher.** Almost every self-help book ever written talks about the critical importance of having a Mentor/Coach/Teacher. At High Performance Martial Arts the teachers are experienced and trustworthy. It's inevitable that you will come up against hard times on your path to getting fit and reaching your goals. At High Performance Martial Arts we will guide, motivate, educate and support you – so you can easily and rapidly overcome these hurdles. We will show you how to master your mind and use it to focus in on all of your fitness and life dreams
3. **The secret of Progression.** Have you ever met someone who says they exercise week after week, month after month, even year after year and aren't getting any new results? Believe it or not, doing the same workout over and over without expert guidance to direct your progress will actually **decrease** your fitness. Because you'll be discovering new moves each class and challenging yourself mentally and physically you'll naturally progress and be able to see it. This produces what I call the "Snow Ball Self-Confidence Effect."
4. **The BIGGEST secret: Your Success Team.** Because you'll be around other success conscious people and have the support of others that have similar goals you can't help but succeed. The phenomenon we see over and over again is the radical improvement students make in all areas of life.

What you've just read is some of the most valuable information you will ever hear on how get fit and develop your mind and body.. And having the RIGHT information is critical. But intellectually understanding what *should* be done, and actually doing it, are two very different things. That's where High Performance Martial Arts comes in.

I know that you may be thinking martial arts training is not for you. You thought that maybe it was just

for little kiddies and “soccer moms.” I know that what I’m proposing to you... The well rounded MORE FUN approach may seem a little out of whack and scheduling maybe an issue. BUT...

Let me tell you this though...

You DO NOT Have To Be ‘In Shape’ To Get Started!

You DO NOT need ANY prior experience, this is for beginners!

There are so many times and days to choose from, that scheduling will be simple and easy.

I told you I’d show you the proof so here it is....

Great Training, Fun, with awesome results - Frank Sharik - May 22, 2009

I started training at high performance in January. This was my first exposure to **MMA** training and was in pitiful condition. I weighed over 300lbs. In 5 months I have lost 60 lbs and feel great. The Training is fun and actually relaxing. It’s a great group of guys (and gals) with an emphasis on learning, not killing each other. At the same time I am extremely comfortable with the combat skills I have learned and the practical exercise of executing them when needed.

Just Finished my First Month and I’m... - Richard Eijo - Jul 6, 2009

I was not the most athletic person when I started a month ago but I have come a long way in a short time. The atmosphere is one of learning and discipline. No one is there with a “I want to kick your butt attitude” (at least not towards fellow students :-)) I highly recommend to anyone who is looking for the alternative to weightlifting at the boring gym. You will get in shape...Be ready to sweat, Well worth the \$\$\$. Don’t Be scared to try it!

High Performance MMA - Richard Pork Chop Cole - Jul 24, 2009

I have trained at High performance for more than a year and will say it is a great place to train. Learn from a great teacher, & the group of people that train at the school are great and help you no matter what. I started I was over 400 pounds and now I am just over 300 and I feel better. I recommend anyone who is looking for first rate training to check out High Performance **MMA**

You must personally experience results!

And the quickest, most foolproof way to experience those results is to have me or one of our instructors help you get started..

...there is no “miracle” program out there as

the BIG guys would have you believe...

So if you are open to the TRUTH, if you will accept what doctors have been saying for years and years, then I will show you the easiest, most painless and most powerful weight loss and fitness program ever that will get you mentally fit and help you reach any goal that you set for yourself.

Here's how to get going....

This is YOUR Moment....

All you need to do is call us at **701-2551** or fill out the form below to set up a **FREE Introductory Trial Lesson and Consultation.**

But wait! That's not it...

Because you have taken the time to read through our site and are the kind of person that knows what is in his best interest you'll also get (**Totally FREE**) just for calling or submitting your info below....

We're Giving Away...\$177.00 Worth Of Gifts To You!

2 Free Weeks of Private and Group Sessions (\$79.00 Value) this way you can get started with Absolutely NO Risk!

Free Martial Arts Fitness Training Gear (\$49.00 Value) this way you'll be suited up for quick results!

A Free Fitness Evaluation (\$29.00 Value) after this evaluation you'll know where you stand and be on your way to getting in great shape and achieving your goals!

A Free Official High Performance MMA T-Shirt (\$20.00 Value) our way of saying thanks for checking us out!

You'll get more than enough time to meet our friendly staff, feel the wonderful atmosphere of our school and get all your pressing questions answered.

And after all of this, **there is simply no obligation on your part either way. You couldn't ask for more ... really!**

I'll See You Soon!

David A. Hurley