

POWER, SUCCESS & REWARDS!

Do You Want To Multiply Your POWER X-times?

How Would You Like To Have Real Self Protection, The SUCCESS Others Talk About?

Imagine How It Would Feel To Have The Confidence and Knowledge To Achieve The REWARDS You Deserve!



Are you looking for the “Holy Trinity of Martial Arts (MA’s)” of Power, Success and Rewards? The ability to generate UNBELIEVABLE POWER, the inside secrets that make you INCREDIBLY SUCCESSFUL in every technique or move; and the REWARDS that freedom and confidence can bring through knowledge to both YOUR Personal and Professional life!

Are you nodding your head and saying YES and also wondering how you get your hands on this; and be sure that what you get is going to be Safe, Smart and Realistic (SSR)?.....that’s a good question!

....So let me let you into a secret.....

You see, for the past 18 years there’s been a guy who’s been quietly going about his own business, under the radar so to speak and studying with Masters in Asia, Europe and North America. He has only taken limited students and been relatively unknown until now.

His name is Paul Mracek – someone you’ve probably never head of, but a guy who can literally change your life...You see, Paul is someone who has trained with the real deal MASTERS of self protection and MA’s, e.g. Dragon Society’s – Grandmaster Rick Money-maker; OCFM’s – Master Russell Stutely, The Pressure Point and Self Defence Legend; Black Belt Academy’s – Master Thomas Hiew; Dunn Fu Tao – Master Colin Dunn and NMAA’s - Master Geoff Hutchinson.

I know you’re asking, “So why now and what can he do for me?”...

Well for the last 25 years Paul has been in high demand as a very successful CEO for iconic multinational companies travelling and working all over the world. He knows what it takes and means to be successful in anything you do..he is a true Master both personally and professionally!

He has a passion to support others and to provide the opportunity for YOU to learn the secrets that he has learnt and achieve the same success. However his unique knowledge and skills has only been available to a select few until now; he has finally left the corporate world so that he can help others full time!

Paul wants YOU to have the Holy Trinity of Power, Success and Rewards and take control to change your life! A lot of people talk about what they are going to do, you know the “Gunna’s” but few actually do it, just look at WHAT’S IN IT FOR YOU:

1. How to correctly use and position your body’s hands, legs and hips to deliver explosive power that will knock anybody over...no matter who they are and how determined they are to try and attack you!
2. How to use “Balance Points” to totally control an attacker!
3. How to use principle-based methods to deliver extremely powerful responses, whether they are slaps, punches, ridge hands or any other kind of movement for self protection!
4. How to use the body’s physiology and biomechanics (body reactions) to stun and gain time and control an attacker!
5. Then there’s the stuff which is “Not For The Faint Hearted”, learn the devastating effects of Waveforms, SSR Strikes, HAOVS’s, Players of the Game, Kata Principles (not applications) and Power Strike Points – the best of the best that supercharges your strikes [and your attacker will think he has been hit by a “Mac Truck!”

Imagine the confidence YOU will have in knowing that you can Handle Anything, Anytime, with Anyone, Anywhere and the impact it would have on your personal and professional life! But be warned once this secret is out, it will be standing room only to see him.

Act quickly before it is too late to take advantage of this rare opportunity for YOU to learn from someone who is like the masters of old...who understands and teaches principles (not only applications), is a healer (Bowen Therapist and Reiki Master) with an intimate knowledge of the body and a leader who is prepared to pass on his inside secrets to YOU.

Paul is the 1st Certified OCFM Coach in this region after training personally with Russell Stutely one-on-one in Malta. He doesn’t try to hide information through long and complicated explanations, they are straight and to the point, they are easy to understand; he makes it so simple that anybody can reproduce the results day-in-day-out.

But you know what, rather than just believing me see for yourself what Russell had to say about Paul:

"I have just completed a week of training with Paul Mracek. Well, what a week it was. Firstly, Paul was required to show his depth of knowledge and understanding of the following subjects: Balance Points, BAR, Waveforms. Paul showed a thorough understanding of these areas and a great ability to teach them.

Paul had also taken the time, before coming to train, to learn the location of and acquire a working knowledge of, all the main Pressure Points. This is an indication of the depth of study done by Paul, but also the depth of study required on the Program.

Utilizing the information from Balance Points, BAR and Waveforms, Paul was able to increase the effectiveness of Pressure Points within his own Art quite dramatically. I was delighted at the way Paul absorbed the information like a Sponge and truly understood everything

I showed, talked about and all that we trained. Paul, just knew what to do now, he just knew how to analyse and how to teach.

On the last day of training I was proud to hand Paul his OCFM Coaching Certificate and welcome him to the OCFM Family of Coaches. Paul Mracek is the first graduate of the Russell Stutely Platinum Training Program and I am so proud to call Paul an OCFM Coach.

Congratulations Paul, you have done a massive amount of work, trained hard, studied hard and thoroughly deserve the rank of OCFM Coach."

So are YOU ready to be one of the 2% of people who are prepared to act to get the Power, Success and Rewards YOU Deserve?...then contact Paul and let him put YOUR words into action!!

For: Workshops,
Seminars,
Private One-on-One Classes,
Consulting for School &
Syllabus Development....

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P.S: Website www.safesmartrealisticselfdefence.com will be available soon to contact Paul and to buy direct his DVD's, books, manuals, etc....



**FREE INFORMATION
REQUEST FORM!**

Yes!, Please send me further **FREE** information about the Master Points, which have been developed over hundreds of years and a closely guarded secret, known only to a select few!

I understand that there's no obligation whatsoever, and the details are entirely free. On that basis, please send me free details.

To enable the free information to be sent to you by email, please provide the following details:

Name:

Email:

Send the above details to Paul at:

paul@safesmartrealisticselfdefence.com

Your information will not be shared with anyone and will be used only to communicate with you to send above free offer and future offers when they become available.

