

## HELPING PEOPLE FIND THE WARRIOR MINDSET

Since I was put on this earth, I have faced adversity. Even at birth, and before age 6, I had to mentally and emotionally fight through abuse, bullying, drugs, alcohol and hard violence. After seeing Bruce Lee's Chinese Connection, I found a purpose, a reason to succeed. Through my life of martial arts, I achieved great success despite the death of my mother, drug dealing, gang wars, addiction, homelessness, and incarceration. As I spiraled deep into a dark abyss, I found my calling – the ability to use my mind, body and spirit to combat all negativity and flip them into positives through the concept of the Warrior's Mindset.

Everything that I've accomplished in the martial arts and life is due to the way I've conditioned my mind. It's what I call a Warrior's Mindset. It takes practice, commitment, vision, goal-setting, determination, sharp focus, respect and discipline. I can teach it to you, just as I have taught my family and hundreds of thousands of others. Once you learn it, you can apply it to whatever your goals and visions are.

Through our programs like Point MMA Krazy Martial Athletic, 10 MAD, Diva Concepts, Street Combat Safety and Kung Fu Hip-Hop, we incorporate elements to transform your life with identifiable tools that relate to them with fighting techniques, philosophy, positive affirmations, quotes, strategy, character development, and cultural traditions. These lifestyle concepts promote holistic health and wellness along with athletics, fitness and entrepreneurship.



# THE WARRIOR MINDSET IS A MUST!

We will lead you through the simplest and most effective concepts and muscle memory skills in the world. You will have a safe, fun, high energy, motivational experience and walk away with the tools that you can use right away.

# THE MIND IS A TERRIBLE THING TO WASTE

Proper mindset should be your #1 goal because life is a daily battle of self-doubt, negative self-talk, choices and consequences of our every action. There is no other program like this one and it will help you to express that warrior from within.

#### YOU WILL LEARN

Three phases of the Warrior Mindset to help people achieve goals in all walks of life as an entrepreneur, team leader, coach, teacher and parent.

# RESERVE YOUR SPOT NOW

The pricing breakdown for the program is listed below:

- 2 first class airline tickets and hotel must be covered 90 days before the event
- Per diem of \$500 per day in advance
- One day seminar, boot camp and workshop for 3 hours - \$1,500
- Two day seminar, boot camp or workshop for 3 hours/day - \$2,500
- One day or multi-class \$500/hour for one time only
- Personal coaching or training -\$400/hour (minimum of 3 hours)

#### PHASE 1

It's about education and understanding of the commandments of the Warrior Mindset and helping you use them to be better prepared for life's adversity on any level. We will take you through low – medium impact, non-contact personal safety skills, calisthenics and role playing all designed to help you deal with fears and all the negatives that stem from it and cause you to freeze up. You will learn to break through fear and prevent things that stimulate this emotion and learn to use it as a stepping stone for success from the inside out.

#### PHASE 2

It's about pushing harder through the remaining commandments as we push you through a series of Krazy Martial Athletic techniques. At this phase, you have proven your commitment to being a warrior by signing up and showing up for this phase. All your reservations are gone so we harness the physical fusion of the mind and body connection.

### PHASE 3

This is the Spiritual Warrior Mindset – a deeper conscious evaluation of the commandments called Combat Empathy with the physical motions of internal fitness, Tai Chi. As the commandments exemplify a philosophy of movement and will always change and adapt as long as the individual continues to evolve.



THE WARRIOR'S MINDSET PREPARES YOU
FOR THAT LARGER COMPETITOR WITH
MUCH MORE INFLUENCE. WE SHOW
YOU HOW TO SOLVE THE PROBLEMS AT
HAND WHILE MAINTAINING FOCUS AND A
PEACEFUL STATE OF MIND. WE LIVE IN A
COMPETITIVE SOCIETY AND YOU'RE HAVE
TO BE A WARRIOR ATHLETE, READY TO WIN.
QUITTING IS NOT AN OPTION.

### Book

Willie "The Bam" Johnson for your next eve<u>nt!</u>















