

THE UK'S **NUMBER ONE** MARTIAL ARTS MAGAZINE

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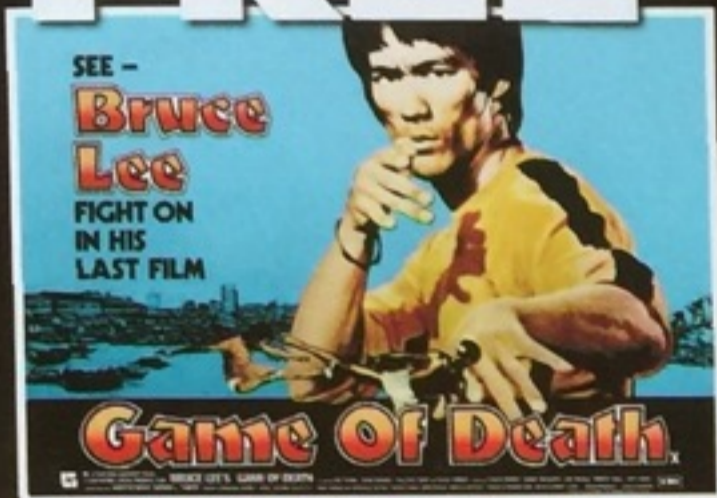
MARTIAL ARTS

July 2016
Vol.29 No.02

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GAME OF DEATH
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Lak was inspired by Bruce Lee on the big-screen when he was only a little child. The only way he would sit still and eat his meals as a young child of three or four years old was when his parents put on a Bruce Lee movie and he just sat there, mesmerised.

Later in life, in 2003, He nearly lost everything. He lost his job, his home and found out his wife was pregnant all at the same time. It was both the happiest and scariest day of his life; jobless, homeless, a new father to be with another mouth to feed.

He also found the rat race to be dysfunctional, egotistical, dehumanising, apathetic, spiritually dead, unfulfilling and



NEW INSPIRED BRUCE LEE SELF HELP GUIDE MARTIAL MIND POWER BOOK

BY LAK LOI

meaningless. He had a realisation that the City and Wall Street helped him make a living, but did not help him make a life. But his life changed when he found one of Bruce Lee's Kung Fu schools in Manhattan to keep him strong and focussed, to help him keep going for his family. Through hard training and perseverance over the next decade he cultivated his own mind and body and earned the accolade of becoming a third generation instructor in Bruce Lee's martial art and philosophy, a Personal Development, Elite Fitness Coach and achieved his personal success goals. During his process of self-mastery he started to connect the dots and transcend his own learnings. That's when he decided he had an obligation to share this gift of self-mastery with the world, so he could try to help all who were interested in emptying their cup to taste his tea, and transform people's lives towards their own end desires. He called it *The Art of Martial Mind Power* and the journey, so everyone who wants to can master their life so they can also live a life of excellence.

This new book *Master Your Life* is a unique, motivational literary experience for readers, inspired by the teachings of Bruce Lee. Lak Loi in this book teaches you how to: Tap into your ultimate potential and align yourself towards your personal liberation and self-actualisation. Get ready to kick ass, achieve your personal success goals. Loi guides you on a nine-stage self-mastery journey, focusing on a different area of development in each chapter. He uses the knowledge of the martial arts to help you live a life of excellence - by cultivating not only your body, but also your mind. He calls this Martial Mind Power.

This book it is hoped will help you create a state of aliveness and fluidity that allows you

to get on top of your game, control your own life and soar to success. As Bruce Lee said, "Self conquest is the greatest of victories. Mighty is he who conquers himself."

This book is for the non-martial artist as much as it is for the martial artist. Whether you are a Bruce Lee fan, a martial philosopher or simply a martial arts and action movie buff. If you love practising martial arts and have focused mainly on physical cultivation rather than mental cultivation, using the martial philosophies that are seldom taught learn how to apply them to your life rather than just in a combative situations. Sifu Lak Loi is a true White Collar Warrior. He has been a City and Wall Street consultant since 1997, and currently works in London as a senior consultant. Loi spends his evenings practising and teaching Bruce Lee's martial art and philosophy of Jeet Kune Do (The Way of the Intercepting Fist or Foot). Loi has a direct lineage to Bruce Lee himself, being a third generation instructor in Jeet Kune Do, certified under the famous Wednesday Night Group under the living legend, Sifu Tim Tackett, and his European director, Kwoklyn Wan.

The purpose of Loi's martial arts school is to preserve and promote Bruce Lee's martial art and philosophy of Jeet Kune Do, to help define and teach the core curriculum, not to confine us but to liberate us, and to discover our personal expression of Bruce's martial art and philosophy. Loi's personal mission statement is: 'My chief definite purpose is to educate, inspire and empower people, so that they can live life to its truest potential, so they can align themselves towards their personal liberation, self-actualisation and achieve their personal success goals.'

Loi uses Bruce Lee's teachings, fused with



Personal Development and Elite Fitness Coaching to cultivate people's lives both mentally and physically through a series of these exciting physical and philosophical classes, experiences, workshops and online courses, which is what he calls Martial Mind Power.

In addition to his martial artistry and Jeet Kune Do instruction Loi holds a Bachelors Honours degree in Computer Science/ Software Engineering from The University of Birmingham. He is also a fully qualified Personal Trainer and certified Cross Fit Elite Fitness Coach, specialising in training specific population groups including: chair-based elderly; chronically ill and diseased persons; ante-post natal women; children; and elite athletes. Furthermore, he is an NLP Practitioner and Instructor in Hypnotherapy.

You will be able to Pre-Order Your Copy of the *Master Your Life* book on Amazon.co.uk/ and all major book stores from the 1st August 2016. The book will be available in all major bookstores from 10th September 2016. To get a signed copy, please watch this space for the book launch and get your book signed in-person. For further information go to: www.LakLoi.com