

MASTER YOUR LIFE: AN INTERVIEW WITH LAK LOI

BLITZ

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24 JUL, 2016



INSPIRATION OF THE WEEK

MARTIAL ARTS NEWS



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Lak Loi is a true white collared Warrior. Over the last 19 years whilst working in London, he has spent his time practicing and teaching Bruce Lee's martial art and philosophy of Jeet Kune Do. He has a direct lineage to Bruce Lee himself and now has his own school where he fuses Bruce Lee's teachings with personal development and elite fitness coaching, to cultivate people's life both mentally and physically through Martial Arts.

Tell us about yourself and how you first got involved in Martial Arts?

I have worked in London and on Wall Street since 1997 and currently work in the City of London as a Senior Consultant. I spend most evenings practicing and teaching Bruce Lee's martial art and philosophy of Jeet Kune Do ('The Way of the Intercepting Fist').

My first involvement in Martial Arts was watching Bruce Lee on the big-screen when I was a child. The only way I'd sit still and eat my meals as a young child was when my parents put on a Bruce Lee movie and I just sat there, mesmerised.

Not so long ago, back in 2003, I nearly lost everything – I lost my job, my home and found out my wife was pregnant all at the same time. It was both the happiest and scariest day of my life – jobless and pregnant.

homeless, a new father to be with another mouth to feed.

It was shortly after this that my life changed. I was on a business trip in Manhattan when I found Bruce Lee's Kung Fu schools. It helped me to keep me strong and focused, and to keep going for my family.



What drew you to Bruce Lee's style of Jeet Kune Do?

Just before my first child was born, I had a compelling urge to get back into Martial Arts. There was something inside me that was trying to get out, and I kept on feeling an indomitable sense that I should pursue it. It just happened to be that whilst I was consulting in Manhattan for a client in mid-town, I popped into a local health club. It was when I walked past the studio that I noticed in the corner of my eye the words 'Learn Bruce Lee's Martial Art'. The rest is history.

In what way do you feel the practice of Martial Arts can help a student with personal development?

I believe that to become what you dream of or to achieve your goals in life, requires the ability to master your mind and body, allowing your physiology and mind to think thoughts which are aligned towards your goals and desires. This takes a lot of practice, but when tackled using a focused Martial Arts mind-set you can achieve things you never thought you would.

Tell me about your experiences running a Martial Arts school?

My experience of running a Martial Arts school and guiding people has taught me.... If you will follow the 'Martial Path', you will come to know a great deal of truth about yourself, discover your full potential and come to realise what it is you want to be. Martial Arts is a way of doing, a way of being and becoming. To learn more about my martial arts school, checkout www.JKDLondon.com



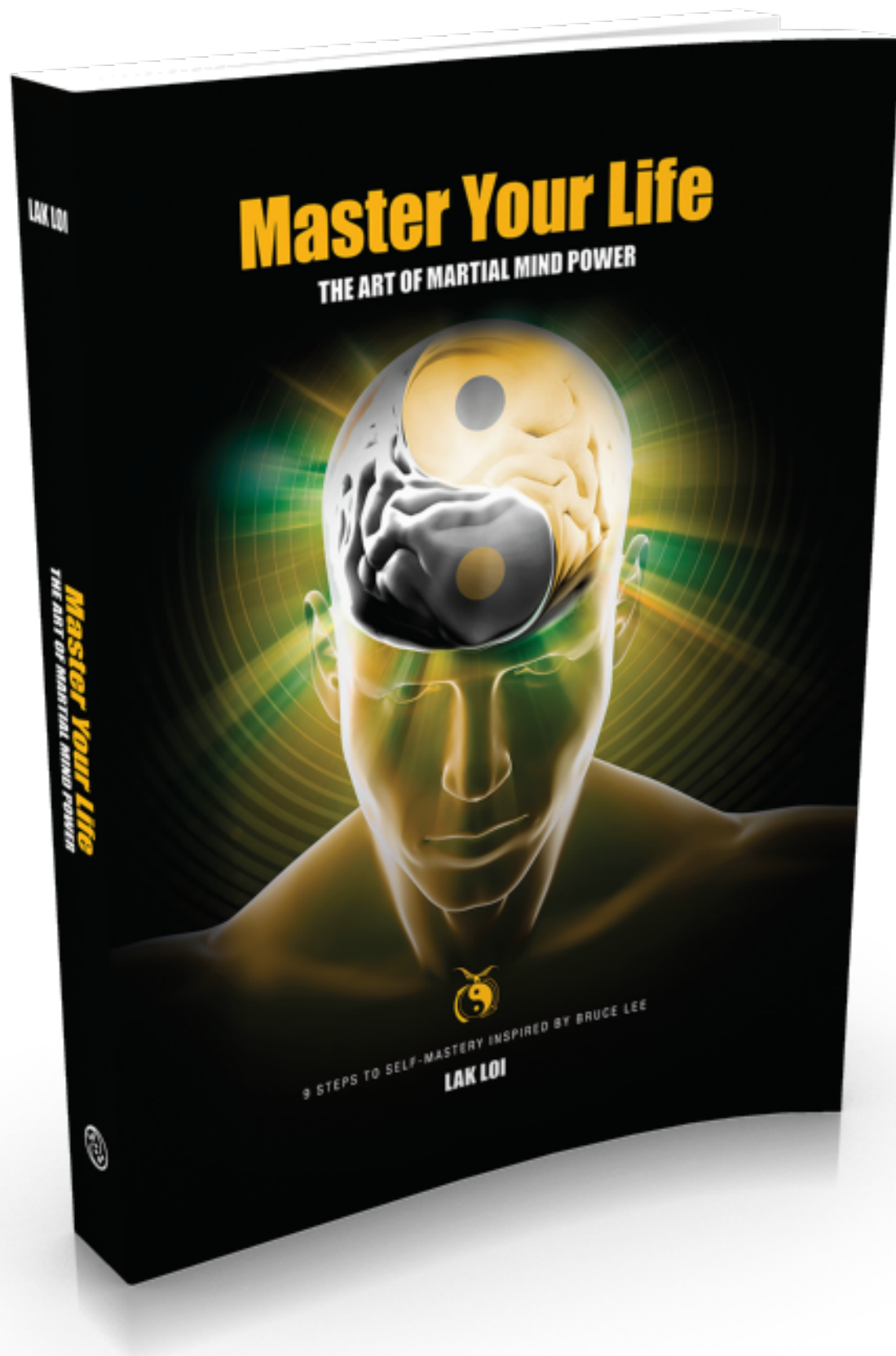
What kind of marketing and advertising do you undertake to attain new students?

All my marketing is online and by word-of-mouth. The power of student referrals is immense and speaks volumes about your servitude to others.

Tell us about your new book?

'Master Your Life' is a unique, motivational literary experience, inspired by the teachings of Bruce Lee. It takes the reader on a nine-stage self-mastery journey, focusing on a different area of development in each chapter. I use the secrets of Martial Arts to help you live a life of excellence – by cultivating not only your body, but also your mind. I call this Martial Mind Power. This exciting expedition will create a state of aliveness and fluidity that allows you to get on top of your game, control your destiny, and soar to success!

It will be available in all major high street bookstores and online at the end of August. To pre-order book checkout my website: www.MartialMindPower.com



What inspired you to write it?

Bruce Lee said, 'Life is your teacher, and you are in a constant state of learning.' When life serv

pain and suffering, the big idea is to take the learnings and insights from that experience, so that you can discover your gift. Once you have realised your gift, then you have an obligation to share it and replace others pain with pleasure. So here it is in the form of my book – ‘Master Your Life, The Martial Mind Power’.

What is next for you? Are there any other ambitions you want to achieve?

My main mission is simply to share this message to create positive change in people’s lives and the Earth.

What advice do you have for someone just starting journey in Martial Arts?

In Bruce’s own words, ‘Knowing is not enough, One must apply. Willing is not enough, One must do’. Just go out there and DO IT!

Why Blitz? Why did you decide to use Blitz for all your martial arts equipment?

To ensure you can train effectively and safely, having high quality training equipment is paramount. **Blitz** provide a huge variety of equipment to suit everyone’s budget and desires, so I always have happy and healthy students.

Blitz also provide a reliable and secure online ordering, payment and delivery service, so you always know that you can place your order wherever you are, and that your order will arrive safely and on time.

What do you like most about using their services?

The thing I most like about Blitz is that they are always upgrading their equipment with the latest innovations in technology and materials, so my students can benefit from these technological advancements.



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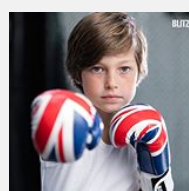
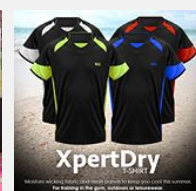
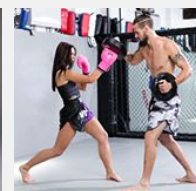
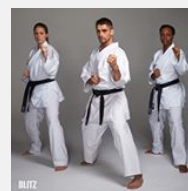
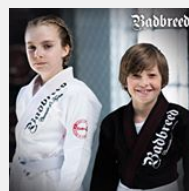
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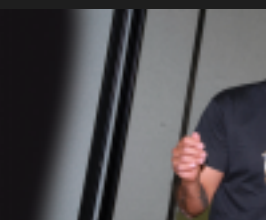
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JULY 24, 2016

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