



Zen-Do Times[©]

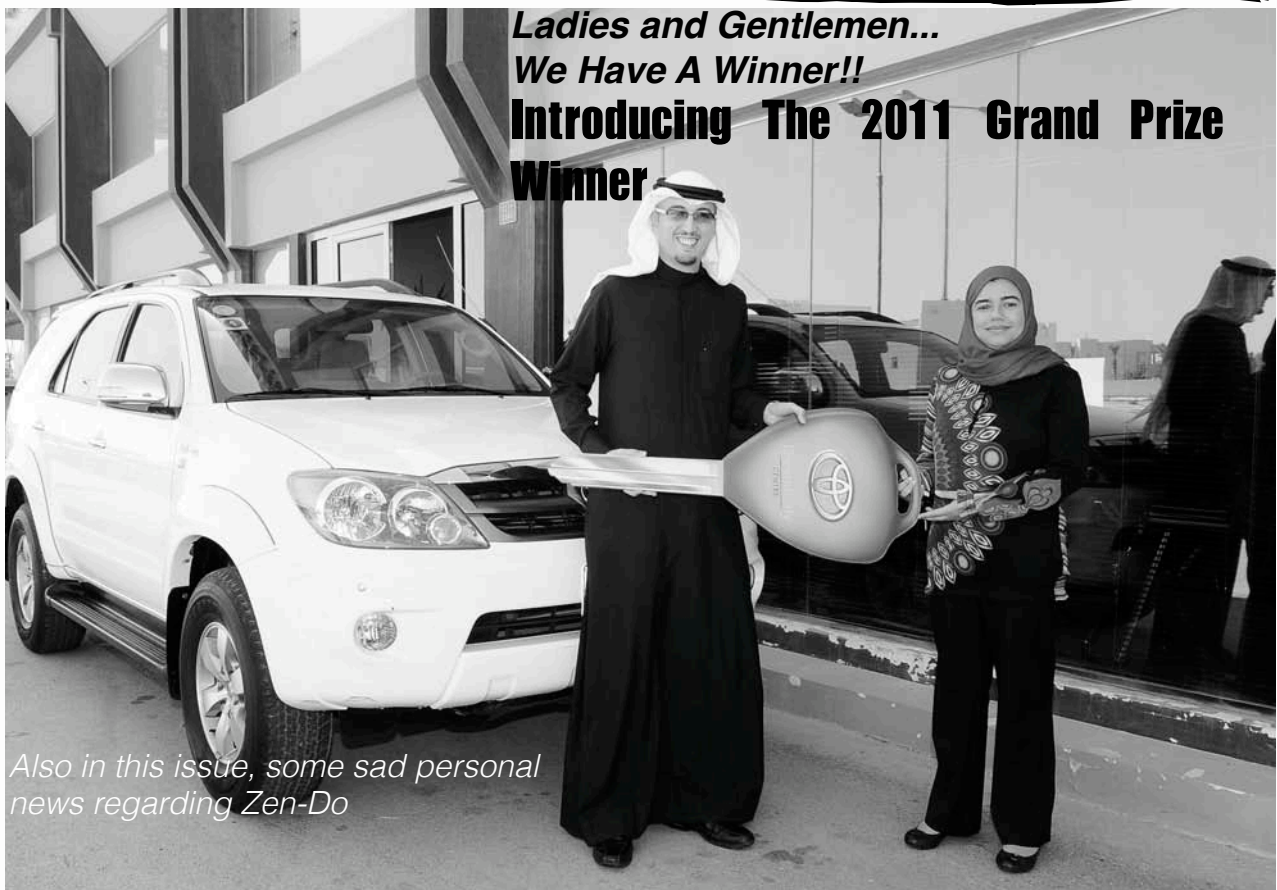


ZEN-DO BAHRAIN

SuhailAlgozaibi.com

DreamBody
CENTRE

The Official Newsletter for The Zen-Do Bahrain Kickboxing Club and the DreamBody Centre



**Ladies and Gentlemen...
We Have A Winner!!
Introducing The 2011 Grand Prize
Winner**

*Also in this issue, some sad personal
news regarding Zen-Do*

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This is your FREE newsletter courtesy of Suhail AlgoSaibi. You are receiving this because you are either a valued customer of Suhail, or because you have contacted us at some point. You can cancel this subscription at any time by calling 17 611 909.

Who Is Suhail AlgoSaibi?

Suhail is the founder of the *Zen-Do Bahrain Kickboxing Club* and *DreamBody Centre*. *Zen-Do Bahrain* is the country's premier martial arts school and the largest in the Middle East. *The DreamBody Centre* is Bahrain's first and only 23-minute weight loss and body transformation centre.

Suhail is also a speaker and consultant, and is the owner of Radical Marketing Consultancy. He specialises in giving business owners "radical" marketing tools, techniques and tips to help them explode their sales and multiply their profits.

Suhail is the publisher of this newsletter and author of Bahrain's very first self-defence book, *The Ultimate Self-Defence Handbook, How to Defend Yourself in Bahrain and Abroad*. He is also co-author of the international self-improvement book, *101 Great Ways To Improve Your Life, Volume 2*. He's been featured in various national and international publications including *Martial Arts Professional magazine*. He's also been featured several times on television including Bahrain TV and international Indian satellite channel Jee Van TV.

Suhail holds a third degree Black Belt in Zen-Do Kickboxing, presented to him by World Champion Master Rafael Nieto. He also has two degrees in business and is a certified fitness instructor and personal trainer. He is dedicated to helping people improve their health and fitness and transform their lives. To find out more about his background visit SuhailAlgoSaibi.com.

FREE Educational Material From Suhail**From ZendoBahrain.com:**

- ✓ FREE report *The Four Biggest Mistakes People Make When Choosing a Martial Arts School - And How to Avoid Them*.
- ✓ FREE Kickboxing video.

From ZendoForKids.com:

- ✓ FREE anti-bullying video.
- ✓ FREE MP3 audio entitled *The 13 Techniques Child Molesters Use To Trap Children and How You Can Stop Them*.
- ✓ FREE child safety presentation given by Suhail and Dr. Soroor Qarooni.

From DreamBodyCentre.com:

- ✓ FREE report *Body Fat Secrets Exposed. Everything You Ever Wanted To Know About Fat That The Diet Industry Doesn't Want You To Know*.

From RadicalMarketing.com:

- ✓ FREE, weekly marketing email course.
- ✓ FREE report *The Top Ten Marketing and Advertising Mistakes Business Owners Make - And How to Avoid Them*.

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Hello my friend,

Hope all is well, I'm just getting over a cold as I write this. The weather is really paying havoc with my system! First it's freezing, then it's warm, then it rains like crazy, then cold again, then hot, and so on. What the heck!

It seems to be going round as well. Baby Tameem (whose not so much a baby anymore but more of a two-year-old tyrant) had it, and I think I got it from him. I just hate being sick. Yalla, could be worse right? My name could be Hosni Mubarak! Poor guy, I write this just a few days after his ousting, and as yet no one knows where he is. I guess he got what was coming to him. Power to the people and all that!

Speaking of Hosni, here are some jokes I found online:

- The Interior Minister asks Hosni Mubarak to write a "Farewell Letter" to the Egyptian people. Mubarak replies: "Why? Where are they going?"
- On a popular Egyptian radio show, the deposed president of Tunisia Zine El Abidine Ben Ali requests Nancy Ajram's song "I'm Waiting for You" . . . and dedicates it to Egyptian President Hosni Mubarak.
- Egyptian President Hosni Mubarak dedicates a song to his people: "I May Get Upset with You, But I Will Never Leave You" (a famous song by Nancy Ajram).
- Hosni Mubarak calls Zine El Abidine Ben Ali: "If you go to bed early tonight, will you please leave your hotel room key under the doormat for me?"
- Egyptian President Hosni Mubarak immolates himself in front of the Presidential Palace, demanding a change of "the people."

Well, they say he has enough money to keep him going (estimates range from \$30 billion to \$70

billion). Anyway, enough with that, time for some very exciting news! Check it out!

- - -

Bahraini Woman Wins Suhail's Car!



Sara Smith receiving her giant car key.

Yes, we finally have a winner! Can you believe it, it's almost been a year since we announced the DreamBody Competition! And we finally have a grand prize winner, **Sara Smith!**

Sara is a 27 year old Bahraini executive administrator (father is British/Malaysian, and mother is Bahraini) She entered all three competitions last year, and did an amazing job! She has lost 13.6 kg of weight and over 19 inches of fat from her body, isn't that amazing? The DBC even helped her beat diabetes! Here's what she wrote in her competition essay:

In 2002, I was diagnosed with "insulin resistance" which is considered a pre-diabetic stage. I was lucky enough that I was at a stage that did not require insulin shots. I just needed to take tablets to control it and work on losing weight, as well as eating a healthy diet. Since then, my family and doctor have always been pushing me to lose weight, and I did try but I was never able to lose enough. In the back of my mind I always thought of it as a "loosing battle"

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**BEFORE****AFTER**

and I was preparing myself for when I progress into actual **Type II Diabetes**. I was even more shocked when my doctor informed me in 2009 that my **cholesterol** level was too high, and another tablet to control it was prescribed to me. Again my family and doctor reinforced the importance of exercise and a healthy lifestyle in controlling Diabetes and High Cholesterol levels.

I joined DBC just before the first competition started. I joined thinking I have nothing to lose, but I did not believe that I had a chance in winning. Although I was not in it to win it, I worked out at DBC almost every

day. I was however surprised that within 3 months I lost a lot of weight! So for the second competition I changed my game plan. I worked on controlling my food intake, drank more water and tried to make better health choices. As the weeks and months passed, I felt and saw the difference in myself, physically and emotionally, and I was so happy to see at the end of the last competition that I was considered as a contender.

For this last competition, I worked on maintaining my results and improving them. Although I am happy with my results, I don't know if I have a chance in the competition as I have seen my competitors; and they look amazing! I could see the changes in them too, as were all progressing through this journey. Regardless, I am thrilled with my results, I have achieved all my personal goals; as in addition to losing weight, in November 2010 my doctor informed me that "I beat my diabetes!" and that my cholesterol levels are back to normal. I no longer required to take medications. I was so excited I could not believe it!

What I have learned in my weight loss journey, is that you can only achieve your dream results by working out and eating healthy, at the same time. The process of losing weight or as I like to call it "getting healthy" is not easy, you have to start by making a conscious choice of wanting to LIVE and FEEL HEALTHY and then committing to your decision. You also need a lot of support, I couldn't have done it without my family, my doctor, the DBC staff cheering me and pushing me to achieve

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better results. This competition at the DBC helped me to stick with the program, and for that I thank you for helping me reach my dreams.

Congratulations Sara on the amazing results! It's impressive how she entered the competition three times! I'm so proud of her! A job well done indeed! And in case you missed it, the DBC **helped her beat diabetes and lower her cholesterol!**

You can see the video of the press conference, as well as the interview I did with her on my blog (SuhailAlgoSabi.com), just search her name. You can also see it at DreamBodyCompetition.com.

Well my friend, stay tuned for the next competition, we'll announce more details soon. Remember that the DreamBody Centre can help you too lose weight and transform your body. Call us!



Sara and I being interviewed by David Bloomer from Radio Bahrain, 96.5 FM.

Here are some more photos from the day of the car handover:

Some Sad News Regarding Zen-Do

I have some sad news to share, for those of you hearing it for the first time it will come as quite the shock. Let me share the letter I sent to all our students and then I'll give you some more info:

Dear parents and students,



At the press conference, Sara talking about her results. From left Sara, Suhail, and Saba



LEFT: Sara standing next to a poster of her old self.

RIGHT: Driving off in her (my!) car.



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I have some very difficult news to share with you.

After much soul searching and agonising deliberation, I have decided to sell Zen-Do. I know this will come as a shock to most of you, but with all the new responsibilities that I now have since my father passed away, I cannot give Zen-Do the attention it deserves and needs. I barely have enough time to make it to the instructor training sessions. I feel I am constantly struggling to balance all my responsibilities, and if I don't let one of them go, I'll end up doing nothing properly.

This was one of the hardest decisions I've ever had to make in my life, and it took me a long time to decide. And it took a while to make peace with myself after I've made the decision, but I know it's for the best. I'm sorry to let you all down. I'm not even sure if another martial artist would be interested in buying the school, but if so, it would have to be someone I know will take good care of our students. If anyone is interested in purchasing Zen-Do please get in touch. The price will vary significantly on what is bought (just the location vs. the name, the systems, manual etc.)

If a suitable buyer for Zen-Do is not found, then Zen-Do will be closed. As far as timing is concerned, everything will stay as normal until Master Rafael comes for the Black Belt grading, tentatively slated for early March.

Of course anyone wishing to stop their membership they will be able to do so. Alternatively, their membership can be transferred to the DreamBody Centre. There are obviously a lot of details that need to be sorted out over the coming weeks. We'll keep you posted on developments.

I'm Sorry...

I want to offer my deepest apologies to everyone. For those who've been with us for a long time, I know how difficult this must be for you. Believe me this was not a

decision I took lightly. When I told my children they cried and it took me a while to console them. But I've been thrust into a new role in my life with new responsibilities, and I have to give those responsibilities the attention they deserve. I never planned for this to happen. I thought Zen-Do would last for ever and that we'd take over the world. This was probably the most difficult decision I ever had to make.

I'd like to also apologise to the students who joined recently, I know how frustrating it must be to join a place and then find out it's being sold or possibly even closed. As I said, I never planned for this.

We will now work on refund and DBC transfer procedures (for those interested), and we'll announce this as soon as we have a mechanism in place. In the meantime, all students are welcome to continue training if they wish. Like I said, nothing will change until the March grading.

Thank you for taking the time to read this, and for your understanding.

Kind regards,

Sensei Suhail G. AlgoSaibi

We had a few potential investors that showed interest after this letter was given out, but no one that was really serious. We did have one or two students that were very serious, but the problem was that the Zen-Do Team Members did not want to stay on without me. And without me, or Sensei Vinod, you can't really buy the Zen-Do brand.

The option of selling to another martial artist was not really viable either, as most could not afford the location's rent. So sadly, Zen-Do will be closed. The last day for Zen-Do will be the **12th of March 2010** (it might already be closed by the time you get this in the mail)

Why I've Made This Decision

After my trip to India I did a lot of thinking and soul searching. I realised with everything I was doing, I

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had to give up something. It came down to sacrificing one of these things:

- 1) My health and sanity (not really an option)
- 2) My wife and kids (I'd never do that)
- 3) My new responsibilities towards my mother and siblings (again, not really an option)
- 4) Zen-Do
- 5) The DreamBody Centre

When I sat down and looked carefully at DBC and Zen-Do, I decided to give up Zen-Do. A martial arts school requires a lot more hands on attention than your average business. By letting go of Zen-Do I can focus on my other duties much better, without having to tear my self into a thousand pieces.

Like I said in my letter, it was one of the most difficult decisions I ever had to make, and I did not make it lightly. Sometimes God thrusts us into new roles we were unprepared for, and we just have to step up. I accept my circumstances and I have to do what I think is right for me and my family. I'm sorry if anyone feels let down.

My response to a guy on my blog

Speaking of being let down, I got this comment from a fan on my blog when I announced the news about Zen-Do. It might reflect what others are feeling as well:

Dear Mr. Suhail,

You barely know me, but on the other hand I took you as a role model ever since I read about a job opening at your organization, I have dreamed of working with you. I have almost read all about you and the organizations you manage, your management style, friendly character, positive vision and the most important, transforming people's lives, developing their self-esteem and confidence, providing the ability to defend themselves when in need & reshaping citizens to be good members of the society. You have been a leader for me and many others.

But then how can you do this? People admire you, people have faith in you, they trust you, they come to you, they send their kids to you, so that one day they become like you. How can you do this? Training and teaching is an ongoing process, how can a teacher retire? You encouraged people to be more organized and

healthy, how can you turn your back on your own words?

Keep hope and faith, things can be worked out, please don't give up, take more time, discuss it with friends and colleagues, I am sure there is a better way than selling or closing Zen-Do. But if you still want to give up, consider this to be my last communication. (I know you don't care because you never replied to my emails but still remember there is soul out there which took you as a role model, as a teacher, and now that soul has lost all trust in role models).

Here's my (slightly harsh) response to this comment:

Some quick points [name withheld]:

- I'm not "giving up" and I'm not "turning my back on my own words." I always advocated knowing your own limitations and not sacrificing yourself for others. If I keep Zen-Do I will sacrifice my other obligations. This was the least of all evils, as it were. I have a lot going on that I don't wish to talk about publicly.

- No, teachers can "retire" if they so wish. As for me, I will always consider myself a teacher and educator, I will just not be doing so through Zen-Do.

- I believe when God puts you in difficult situations, you have to make a decision. And you have to do what is right for you and your family, regardless of what others say or how they might judge you; like you are doing.

- My "hope and faith" are strong. I have made this difficult decision because I have unwavering faith in the Almighty's wisdom.

- FYI, most emails that are sent to me on my public email never reach me. It's not that I don't care, but I just do not have the time and energy to reply to everyone who wishes to communicate with me. I always advocate strong self-discipline and good time management; I cannot make myself available to everyone who wants to communicate with me, otherwise I'd get very little done.

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- My own parting words for you, considering I'm someone you once admired: it's very sad that you've lost "all trust" in role models because of a personal decision I had to make. Don't be so sensitive! We all have to make difficult decisions in our lives. I'm not the first nor the last person who's made such decisions. Trust me guy you'll have a miserable life if you'll get so distraught every time someone you admire makes a decision you don't like.

Good luck to you.

This gentleman left another comment apologising, and showing his support. I want to reiterate, I'm not abandoning anyone, it's just that my priorities have shifted and I had to make the right decision. As far as this newsletter is concerned, I will continue to send it to you monthly (I guess the name will need to change). To find out more and be up to date, please visit the blog.

Well, I'm sorry to leave you on such a sober note. It's not the end of the world you know. I've made peace with the decision, and you can too.

Thanks for taking the time to read this, and talk to you next month.

Dedicated to yours and your family's well-being,



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How To Communicate With Us

1) Zen-Do

Call 17 611 909 and ask for Sensei Vinod Joseph, Zen-Do Head Instructor. Email vinod@zendobahrain.com.

2) DreamBody Centre:

Call 17 613 352 and ask for Kristel Yap, DBC General Manager. Email kristel.y@dreambodycentre.com.

Other Stuff

For all other inquiries call 17 613 352 and ask for Saba Saleem, our Marketing and Operations Manager. Email saba@zendobahrain.com.

I don't take calls personally so please direct all enquiries to any of the above persons, who are more than capable of helping you.

Thank you for reading!