



Zen-Do Times[©]



ZEN-DO BAHRAIN
www.zendobahrain.com

SuhailAlgozaibi.com



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

Hello my friend,

I hope you're well. Autumn is in the air and the weather is becoming much more pleasant. Finally the heat is subsiding. The other day I went swimming with the kids and the water was actually cold!

We were surprised by this and for a few minutes we were standing there confused. We're used to pretty warm swimming sessions. This was a new sensation! Of course our bodies adjusted quickly and we got used to it. I guess it wasn't really 'cold', it was 'relatively' cold. Anyway, we had a good swim, but soon we won't be able to use the pool anymore. Summer passed so quickly.

For those of you whose kids finally went back to school this month, **CONGRATULATIONS!** Life is back to normal once again. That's of course until all the holidays start again, next month. Oh well, what to do, right?

I have a personal, special anniversary to celebrate this month. Actually, it's two anniversaries. The first is the anniversary of me starting Zen-Do Kickboxing, which was in November 1995. And

In This Issue

Take a trip with me down memory lane...

the second is the anniversary of me getting my Black Belt, which was in November 2001. Quite a big month for me! Let me share some personal history with you, which I think you might find of interest. Ready? Here goes...

===

Zen-Do Bahrain

"For kickboxing, self-defence, fitness and fun!"

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.com

www.ZendoForKids.com

DreamBody Centre

"For weight loss and body transformation!"

Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

SuhailAlgoSaibi.com

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.com:

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

Zen-Do Bahrain

"For kickboxing, self-defence, fitness and fun!"

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.com

www.ZendoForKids.com

DreamBody Centre

"For weight loss and body transformation!"

Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

SuhailAlgoSaibi.com

Take A Trip With Me Down (Zen-Do) Memory Lane...

I started kickboxing in November 1995. I was living in London at the time. I grew up loving martial arts, and was (and still am) a big Bruce Lee fan, and I even did a few years of Cobra Karate in Bahrain as a teenager.

When the instructor left I did not do any martial arts (or any sports for that matter) for several years. Later, when we were living in London my brothers started training in karate, and I would spar (fight) with them from time to time.

I remember my brother Faris saying "you know Suhail you spar like a kickboxer." And I thought, *yeah that's right, I do! I should start proper kickboxing lessons.* I looked for kickboxing clubs in the yellow pages and found a place called the National College of Karate in Kings Cross. I walked in and my life changed forever. Really, I'm not just saying that ☺

I remember a short yet confident guy walking up to me and saying "Hi I'm Raf!" I said hello and we started talking. I later found out that he was the centre's Head Instructor, a former British, European and World Champion too! Little did I know what a profound influence he would have on me.

Sensei Suzuki

The style that was being taught at the time was called Mu-gen-do, which if memory serves me correctly, means "the unlimited way." The style was created by Master Rafael's instructor Sensei Meiji Suzuki. Sensei Suzuki had become somewhat of a living legend by the time I arrived. He's one of those hard core, old school martial artists that trained daily in his youth, and did 1,000 push ups a day. I don't even do 1,000 push ups a month!

"Oil Engineer Loses 13.2 kg AND 7 Inches From His Waist At The DreamBody Centre!"



I first discovered the DreamBody Centre (DBC) in a magazine. I was reading whilst waiting for a dental appointment in the American Mission Hospital in Saar. I read about the amazing story of Gareth Brown who lost 21 kg in 5 months. At first I thought it was a made up story to promote the DBC, but I have since actually met Gareth during a workout at the DBC in Hamala, and he has confirmed his testimonial. He looks great too.

The DBC was different from anything I've seen before! A circuit of 23 double action 'hydraulic' machines that I had never seen or used before. Actually, I sat on one of the machines and tried it, and my first thoughts were "boy, this is easy, how can something that seems so effortless reduce body fat and weight at the same time?"

But it worked! Today, I am 85.8 kg (and still reducing) and worry about the cost of new clothes that I will have to buy. My regular clothes no longer fit me as I've lost 7 inches from my waistline – yes, 7 inches! But no worries, all the clothes I couldn't wear before, I can now utilize as every week I can look in my wardrobe/closet and think "hey I remember buying that...I can wear it now!" Now don't tell me I am the only one who thinks like this, we all do, don't we?

To date I have lost 13.2 kg and 7 inches from my waist. I went from a 99 kg "butterball" to a slimmer 85.8 kg, quite an achievement I think! I'd like to thank the friendly DBC staff and Suhail AlgoSaibi for their great support. You can do it too! - **David Urwin**

Call the DreamBody Centre today for your 7-day FREE trial. Call 17582 982 (Seef area) or 17 613 352 (Hamala).

Zen-Do Bahrain*"For kickboxing, self-defence, fitness and fun!"*

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.comwww.ZendoForKids.com**DreamBody Centre***"For weight loss and body transformation!"*

Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com**SuhailAlgoSaibi.com**

Anyway, he was a Japanese master that came to the UK in the 1960's, under dubious circumstances. He was trained, as I understand it, by either the founder of Wado-Ryu Karate, or the founder's son. And he was really, really good.

He started a school in London and soon had lots of students. He taught his students in the old-school, hard core ways of old. One of them was a 14 year old Spanish immigrant kid called Rafael. Little Rafael would later become a multiple champion.

As I understand the story, Sensei Suzuki would send his students to competitions and they'd win most of the time. However, by the late 1970's they started losing to other martial artists - *kickboxers!*

I think this was one of those decisive moments in Sensei Suzuki's life. And I think he deserves lots of credit for doing this, because very few masters have the open mind and foresight to do what he did. Basically, he recognised kickboxing's potential as a fighting art and decided to learn it himself.

He recognised the limitations of traditional karate as a fighting system (too rigid and not very practical) and realised that a change was needed (because he still wanted his students to win). He met up with an Eastern European boxer and spend months learning boxing. Though I'm not entirely sure, I think he may have spent some time in Yugoslavia training.

Anyway, he abandoned the old ways (some would consider this a huge disgrace in martial arts) and created a whole new fighting system called Mu-gen-do. Mu-gen-do was a form of kickboxing which had the same kind of kicks as traditional karate, but with punches and body movement of boxers.

Unstoppable

He re-trained all his students and they became unstoppable. They won nearly every major competition there was to win including several British, European and World championships. I had the pleasure of sparring against some of these champs and I can attest to their supreme skills. Some of these guys were truly awesome.

They became a force to be reckoned with. As Rafael grew up and matured, he took over more and more responsibilities in the club, eventually leaving his job as a fireman and joining the club full time.

By the time I joined Sensei Suzuki did not teach on a day-to-day basis anymore. Most of his time was spent doing energy healing for private clients. Sometimes several at the same time. He had a room with massage tables (which were used for energy healing, not massages) next to the dojo (training hall.)

Thoughts About Sensei Suzuki, And The Strange Advice He Gave Me

I started teaching probably around Blue Belt, or maybe earlier. Master Rafael asked me to stay after class a few times to help out, and eventually it became a routine. When Sensei Suzuki heard that I wanted to teach he called me into his office/treatment room. He had an incredibly thick Japanese accent. I don't remember the whole conversation, but I remember him giving me some sort of advice. Imagine the following conversation in a thick Japanese accent:

Sensei Suzuki: "You!" pointing at me. "You want to teach?" It was more of an accusation than a question.

Me: "Erm, yes Sensei!" I was very nervous.

Sensei Suzuki: "If you want to teach, you must have no ego!" This statement was like something straight out of a martial arts movie. The ironic thing was that he probably had one of the biggest egos on the planet!

Me: "Yes Sensei! Thank you Sensei!"

He then proceeded to ask me about whether I preferred to say the word "nature" or "God" and I said God. He then went into a lengthy explanation of ego, martial arts and it's relation to spirituality (God). I must admit I could hardly understand a word he said. But I just felt good that he acknowledged my existence. I don't think he ever knew my name, or even bothered to find out, but he knew I existed, and I felt good about that.

Zen-Do Bahrain

"For kickboxing, self-defence, fitness and fun!"

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.com

www.ZendoForKids.com

DreamBody Centre

"For weight loss and body transformation!"

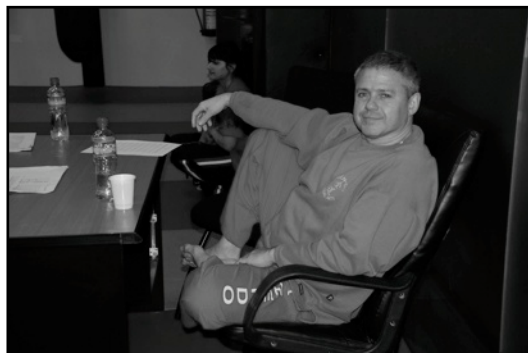
Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

SuhailAlgoSaibi.com



Master Rafael Nieto during a Black Belt grading in Bahrain.

I cannot claim to have known him well, but I know that he lived by some sort of code that very few people have the discipline to live by.

I remember one time he gave a Master Class, in which he shared some (REALLY) powerful concepts with us. I remember him talking about strength. He said in order for you to be strong you must have no fear, and in order for you to have no fear you must not love. Because if you love someone then they become your weakness, as you'll be afraid for them.

I thought it was a bizarre logic, but I think he believed it and lived by it. As far as I know he was married once or twice but never really settled. My guess is because he never really allowed himself to fully love someone. I think he was out of place in the 20th century. He should have been born during ancient samurai times.

What really gave the kickboxing club a unique atmosphere was Master (then just plain Sensei) Rafael's boundless energy. He had (and still has) a wonderful charisma about him. He made you feel good the instant you saw him. He just had oodles and oodles of energy. Being taught by him was just an absolute blast, and a great honour.

Master Raf also had some great instructors under him, who emulated the way he taught. I'd spend most of my spare time in that kickboxing club. I'd go there right after work 3 to 5 days a week. I loved it!

I didn't have much of a social life in the years that I lived in the UK, as I was training most of the time.

"Formerly Depressed Man Loses 14 kg, Goes Down Two Pant Sizes and Changes His Body Shape Dramatically"

To tell you the truth I was very hesitant when I heard about The Dream Body Centre 23 minutes weight loss concept. The idea of transforming your body in just 23 minutes was something new to me at that time, as I am used to the idea of spending at least 2 to 3 hours in a traditional gym if not more.



The DreamBody Centre can help you lose weight and inches of fat.

You can say I tried almost anything in my power to lose weight; like going on/off ATKINS Diet; Blood Type Diet; going to 3 dietician doctors where each one of them suggests a different diet plan; and controlling my meal portions, at the end none of these ever worked.

I was fat but I wasn't that much of a fat person, but my weight at that time clearly had a very negative impact on me. I was struggling finding pants or shirts my size and still look good in them. I had a lot of negative and depressing thoughts when I looked at myself in the mirror. I would get out of breath just doing the simplest of activities. Even my tobe didn't look good on me.

Now after I joined the Dream Body Centre in Jan 2009 I lost 14 Kg without going on a very strict specific diet. Yes I did have some changes in my eating habit but nothing that big coz I like to go on the pace "Slow & Steady Wins The Race". I'm now down 1 shirt size and 2 pant sizes. I may still have another 15 Kg to lose as this is my aim, but the DBC changed the shape of my body dramatically. A colleague at work thought I weighed 75 kg whereas my weight is actually 87 kg, but because of the new shape of my body she could not tell.

Thank You Suhail for introducing such a concept and god bless you. - *Nawaf Al Sayed*

Call the DreamBody Centre today for your 7-day FREE trial. Call 17582 982 (Seef area) or 17 613 352 (Hamala).

Zen-Do Bahrain

"For kickboxing, self-defence, fitness and fun!"

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.com

www.ZendoForKids.com

DreamBody Centre

"For weight loss and body transformation!"

Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

SuhailAlgoSabi.com**Black Belt Thoughts**

In those days getting a Black Belt was really difficult - it's still is, but back then it was *really* difficult. Some of the guys had been training for 8, 9, 12 or 13 years before getting their Black Belt. It was expected that only few people can make it to that level.

At the start I had the attitude of not really caring about belts. I just enjoyed the training and wanted to be a good fighter. But over time I started to take my belt tests very seriously. I knew that I didn't have much of a chance at Black Belt, seeing how long it took others, and how I didn't plan to stay in the UK for much longer. But I still trained hard.

One day I was sitting in the dojo with Master Raf, talking about various subjects when the topic of Black Belt came up. I said something like "too bad I can't ever get it. He replied "of course you can, why wouldn't you be able to get it?" "Well," I explained "I don't think I'll be living in the UK long enough." He then asked me when I was leaving, and I told him in about a year or two. He said if we planned ahead for it then it was doable. **REALLY?** I thought, I actually can get a Black Belt? I was over the moon. Since that conversation the Black Belt became a bit of an obsession for me, but I'll get back to that in a minute.

The Mu-gen-do Rift

During the time a rift started to happen at the club in Kings Cross. Master Rafael was running the day to day operations of the club, but was being treated (and paid) pretty poorly by Sensei Suzuki. He was a stubborn, mean man and treated his Head Instructor like a servant. It was quite amazing to see this charismatic, energetic world champion be so humble and subservient to his master.

This went on for years and years until one day Master Raf had enough. All efforts to communicate and to come to a fair arrangement with Sensei Suzuki failed. So one day Master Raf picked up and left. And virtually all the students went with him. Sadly, Sensei Suzuki was left with a shell of a school.

We all moved to a new school in a leisure centre near Edgware Road. The place was smaller, but the

excitement and the buzz were still there. Wherever Raf went the amazing atmosphere went with him.

Changing The Name

When Master Rafael left he didn't want to have any problems with Sensei Suzuki. He still loved and respected the man but wanted to make sure there could be no on-going issues between them. And since the name "Mu-gen-do" was trademarked by Sensei Suzuki, he decided to change the name of the style, so that he didn't have any trademark infringement issues with his former Master.

A couple of names were thrown out, and someone suggested the name "Zen-Do." To be honest, I didn't like the name at all! It sounded too weird and nothing like our old name. I really wanted to stick to the name Mu-gen-do, but Master Raf insisted we change it. And since no one had any better names, the name Zen-Do stuck.

So we all became *Zen-Do* students. This also allowed Master Raf to make changes and additions to the system which he thought would be beneficial. Though Zen-Do is based on Mu-gen-do, it has become distinctly Master Raf's style.

The Black Belt Grading

And guess who was the *very first* student to get the Black Belt under the new *Zen-Do* name? Yup, me!

The grading took place in November 2001 (the 2nd I think), almost 6 years to the day after I joined in 1995. It was one of the hardest things I ever had to do. After doing all kinds of techniques and combinations - which exhausted me - I had to fight seven opponents in a row!

After the fourth round I was exhausted, and I still had three more to go! By the last round I was just swinging my arms around wildly hoping to land a punch, trying not to fall over from exhaustion. The guy I was fighting against had the decency not to knock me out, which he could have.

When I bowed to Master Raf and he said "pass", I was too tired to react. I was bruised, bleeding and limping. But I was proud and I was happy! That night I took my new Black Belt to bed with me! (Really).

Zen-Do Bahrain

"For kickboxing, self-defence, fitness and fun!"

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.com

www.ZendoForKids.com

DreamBody Centre

"For weight loss and body transformation!"

Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

SuhailAlgoSaibi.com

About a month and a half later my expectant wife and I left the UK and moved to Bahrain. I started this little Kickboxing Club called Zen-Do Bahrain, you may have heard of it ☺

Final Thoughts

Deciding to get the Black Belt was one of the best decisions I ever made in my life. It has completely transformed who I am, and has taught me that really nothing is impossible.

If you're a Zen-Do student reading this I wholeheartedly encourage you to make Black Belt your goal too. Parents, emphasise the importance of the Black Belt to your kids, and don't just let them quit when it takes their fancy. You (and they) will be rewarded many times over for this. Trust me, I know what I'm talking about.

And don't worry, though Black Belt tests are still very tough, they're less bloody these days, so risk of injury is not so high.

===

I often wonder what happened to Sensei Suzuki. I wonder if he ever gets lonely or sad. One thing is for sure, he is one of a kind. Master Raf once told me that he only had about 1% of Sensei Suzuki's martial arts and fighting knowledge. And Master Raf *is knowledgeable*. I suspect that Master Suzuki will take that knowledge with him to the grave... who knows.

Anyway, thanks for taking the time to read this, and for indulging me on my trip down memory lane. If you've not done so already, maybe you should give us a call to try some FREE classes.

Talk to you soon.

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

Suhail



WARNING! Reading This Might Lead To Extreme Fitness, Massive Stress Reduction and Shockingly High Confidence Levels!

How would you like to try an activity that is completely different from anything you've ever tried before? An activity that is not only fun, but can really make a difference in your life.

- Here's what Zen-Do Kickboxing can do for you:
- Burn fat and tone your muscles
- Make you fitter, stronger and much more flexible
- Improve your self-confidence and self-esteem
- Helps eliminate stress
- A great way to learn self-defence
- Zen-Do is a realistic, simple, practical, and easy to learn martial art.

Zen-Do Bahrain is a non-violent kickboxing club and we specialise in beginners. Call us today on 17 611 909 to book your two, FREE, no-obligation, one-on-one trial classes. *You'll love it!*

Zen-Do Bahrain

"For kickboxing, self-defence, fitness and fun!"

Tel: 17 611 909

Fax 17 611 404

www.ZendoBahrain.com

www.ZendoForKids.com

DreamBody Centre

"For weight loss and body transformation!"

Seef Branch: 17 582 982

Hamala Branch: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

SuhailAlgoSaibi.com

Attention Parents

Give Your Child The Gift of Confidence!



Zen-Do can help children improve their confidence and self-esteem.

At Zen-Do we teach your child in a, safe, secure and fun environment. We teach basic kickboxing skills in a nurturing environment using positive reinforcement, where we focus on **character development** - not on the school's glory. In addition, we teach using an education-based curriculum. All this helps boost your child's self-image, self-esteem and confidence.

Wait, that's not all! You're child will gain much more:

- Life saving self-defence skills.
- Improved self-discipline.
- Improved mental alertness.
- Goal setting skills.
- Increased health, fitness and coordination.

Call the Zen-Do now on 17 611 909 to enroll your child in two, FREE, no obligation trial classes.

FREE

2-Week Membership

This newsletter entitles you to 2 weeks of FREE membership at the **Zen-Do Bahrain Kickboxing Club** AND **The Dream Body Centre**. Am I generous or what!

That's not all, you'll also get an additional BD 26.000 discount as a gift from me! For Zen-Do call 17 611 909 and for The Dream Body Centre call 17 582 982. Remember to mention this newsletter!

(I have to say this:"terms" and "conditions" apply. Offer only valid for the duration of this newsletter.

This Newsletter and it's Content Are Copyrighted

Published by Suhail G. AlgoSaibi.
Falak Enterprises WLL
PO Box 26519
Manama, Kingdom of Bahrain
Fax (973) 17 611 404
All rights reserved.

How To Communicate With Me And Zen-Do

There are several ways you can get in touch:

- 1) Call 17 611 909 and we'll set you up for your two, FREE, no-obligation, trial classes.
- 2) Check out www.ZendoBahrain.com, or www.ZendoForKids.com.

Our opening times are 9:30 am to 12:30 pm and 3:30 pm to 8:30 pm, weekdays. There is an answering machine as well. We do try to return calls from messages as soon as we get them.

Dream Body Centre

- 1) Call 17 582 982 (Seef), and 17 613 352 (Hamala) for your 7-day FREE trial.
- 2) Check out www.DreamBodyCentre.com.