

Announcing, the release of a revolutionary new martial arts performance system...

# “16-Time US National Karate Champion Increases Speed & Power An Astonishing 30% Using Seattle Doctor's Radical New Training!”

At the same time, this system eliminated nearly every injury that plagued his training, allowing him to work pain-free at levels he'd not experienced in years...

*"After winning 16 Junior & Senior US National Karate titles and spending 5 years on the US National team, the wear and tear of 25 years of competition took its toll. But a chance meeting with Dr. Eric Cobb changed everything for me! After working a specific joint in my foot (one I never even knew existed) and following his DVD, I experienced a 30% increase in my speed and power, an improvement that stunned everyone - including me. Even more amazing, 3 debilitating bulging disks in my back no longer affect my training, as my injuries have all but disappeared. Dr. Cobb's is a system like no other."*

**Hiroshi Allen, Hiroshi Allen Shotokan Karate  
Las Vegas, Nevada**

A 30% increase in speed and power in just days for any world-class athlete just doesn't happen!

The fact that it did -- for someone performing simple, non-customized exercises that took, maybe, 15 minutes a day... is almost unimaginable!

Until you've met Dr. Eric Cobb. With his neurological-based system called Z-Health ("Z," for short), many are now saying he's "**cracked the code to human performance**." Near-instantaneous gains in power and speed of 200-300% and more are common in martial artists and athletes just like you. "Z" has...

- Added 3" to a 31" vertical leap... in 3 minutes!
- Slashed 19 seconds off an NCAA Champion runner's 10K time... in just 2 weeks!
- Tacked 20 pounds on to a Professional Strength coach's barbell snatch... in 20 minutes.

The list of world-class athletes seeing stunning, often immediate results is endless (and, of course, they'd all like to keep Dr. Cobb hidden from competitors).

How does he do it? With dramatic breakthroughs!

For example, Dr. Cobb discovered that surprisingly your body is designed for survival... NOT performance! That's both good and bad since when it comes to physical movement or activity... **it's your nervous system that rules!**

We've all experienced yanking our foot up after stepping on a nail. That's your nervous system instantaneously protecting you.

But it works against you too. Think of throwing a punch. You want maximum speed and power... but your nervous system says, "Whoa, think I'm gonna slow this down just a bit to make sure it doesn't injure my arm."

You lift weights, do cardio... all to override this but like driving your car with it's brakes on... your nervous system doles out speed and power with a stinginess only Scrooge could appreciate!

What Dr. Cobb has created is a deceptively simple yet 100%-effective way for releasing those breaks, resetting your nervous system to

allow full uninhibited range of motion, and thus, full range of power... by surprisingly using your joints to retrain your nervous system.

## The Missing Link

Dr. Cobb has taken what worked for his World-Class athletes -- things that gave them their phenomenal body control and coordination -- then created a unique pathway for YOU to download this neurological "software" straight to your nervous system via ingenious joint movements not generally known to the public before now.

Comments from folks he's trained say it all:

*"I'm considered one of the best strength Martial Artist conditioning coaches, making TKD, Boxing, Mixed MA and Brazilian Jiu-Jitsu athletes flexible, faster, stronger and more injury resilient through eastern-bloc influenced training. But as good as I am... "Z" is better! It's a radically new applied science. What can take months to make my athletes better, I've watched **Dr. Cobb accomplish in mere seconds -- SECONDS!** Often with only one or two exercises! He has truly discovered the key that unlocks all human potential!"*

**Frankie Faires, Martial Artist & Fitness Professional, Dallas, Texas**

*"...I have seen material similar to this unique and innovative exercise system back in Russia but it was very much mystical Eastern stuff with no science and certainly no one who could explain how or even why it worked. After seeing Z-Health, I am surprised to actually hear Dr. Cobb explain the science behind how this works."*

**Dr. Viatcheslav Popovsky, Former Associate Professor, Lesgaft State Physical Culture Academy, St Petersburg, Russia**

"Z" requires NO equipment, NO travel, NO classes, NO workout partner. Perform it anywhere -- even at a stop light or in a grocery store line!

Be forewarned... as exciting as you are about "Z" right now, once you see it in action you'll swear it can't work. That's how different it is from anything you've seen before.

But follow Dr. Cobb's instruction (he's a brilliant coach) and you'll quickly master the unusual circular movements this revolutionary new program requires. In just days (and for many, only minutes) you'll see total **elimination of pain** that then sequentially triggers dramatic **increases in your mobility, speed and power**.

All this using but a fraction of your previous effort since Dr. Cobb's methodology recruits only the precise muscles needed to perform any given movement. (This is the secret to his deadlifting more than 450 pounds at a mere 185 -- a feat most 225-pound bodybuilders can't perform).

Amazingly he does this while battling severe birth defects including a fused vertebrae and extra rib in his neck, and a debilitating back disease. "Z" eliminates 99% of this pain... pain that would disable anyone on a lesser program!

## A Rare Opportunity!

After nearly 20 years of research, Dr. Cobb has spent the past 3 years quietly training elite athletes and a small cadre of instructors.

Now he's finally releasing his groundbreaking body of work to the world through a series of select application DVDs.

The first is targeted specifically for YOU... the martial artist... and is designed to skyrocket your fighting Speed & Power.

While there isn't room to describe it here, Dr. Cobb has created a special pre-release version of this DVD set exclusively for participants at this USA Open Karate competition.

To learn more, chose one of these options:

1. Go to [www.zmartialart.com](http://www.zmartialart.com). There you must enter your attendee "insiders" code -- **usaopen** -- to view this special offer, - or -

2. Call 888-394-4198 or write: ZHealth Performance Solutions, 25110 8th PL S, Des Moines, WA 98198. Ask for the **z-martial-art** info pak.

Your special "insiders" code is good only through April 30. Don't miss this opportunity to get this revolutionary new program at your special pre-release pricing. Check it out today.