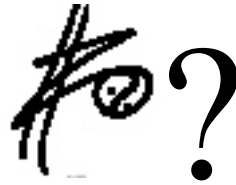






What the F#*% is




Well, the fundamental concept of  (pronounced *Hanzo*), is that to really get a hold of who you are, you have to address the physical as well as the mental and spiritual (*not* religion).



's evolution was born out of a desire for me to want the truth of things: health, *real* physical fitness, a genuine happiness and peace...true contentment. I wanted to find the ultimate and true approach to attaining these things and the answer to the bigger question – WHY? The big why as in *why are we even here doing all this daily busy work of life?* I wanted to create a solid, nuts and bolts approach to help myself, then make it accessible to anyone else who has experienced that silent nagging, that there is just more to IT (the truth) than what all the self-help books say.


 is an ongoing, evolving thing. As I become more aware, it is directly passed on to my students. It has taken me a lifetime to get to this point and hopefully there will never be a finish line – just continued growth and on-going education.

The road to here has been filled with trial and error of the most monumental kind. From a teenager growing up as a working musician in strip clubs, to a gangster lifestyle, to bodybuilding/power lifting and a professional wrestling career under the name of The Bill Collector (I know!...don't go there), the common thread thus far being my unwitting search for happiness, acceptance, and the truth of who I was supposed to be. The road finally lead to Qigong and Russian Kettlebell training, then to Zen, Tai Chi, and Yoga. I saw the interconnectedness of all these disciplines and the major impact they had on their own but more importantly, I discovered through experimentation and practice the HUGE impact that was found in combining them...  style.

By distilling these components and exposing people to them in a concise and cohesive way, I discovered in myself and in my students that there was continual progress and improvement in

our bodies and minds. The physical awareness that is created, the mental focus that is tapped, and the emotional roadblocks that can be overcome through practicing the  philosophy are *life-changing*.

The thing about  is that on some level, everybody is searching for their *own* concept of it. My desire and passion is to keep defining and refining the form so its accessibility is all-encompassing. No one is ever excluded from participating in discovering .

 is designed to help the individual transcend all the old ego crap of the day-to-day grind; To open you up as a person and find what you want. You need only start with the physical and a true approach to fitness and happiness. The rest of the things in your life just fall into place.

Talk is cheap. The reward is in the doing.

....Elvis has left the building

RON MORRIS 