

Finding Physical Finesse



- Is it possible to get younger as you get older?
- Do you have a ritual for renewal and appreciation?
- A clear sense of mission and purpose in your life?
- Do you move with presence and awareness?
- Can you perform with poise under pressure?
- Practice for extended periods without fatigue?
- Communicate without conflict?
- Keep your center in the currents of change?

Apply the Secrets of the Samurai to your daily movements

Many people would like to take up a traditional Japanese art, but cannot find the time or resources to commit to practice on a regular basis, or do not know where to find the right teacher or school. While it is true that mastery of an art requires deep practice over decades, it is also possible to derive many benefits for health, youthfulness, and energy by practicing simple exercises based on these arts.

William Reed is a 7th-dan in Aikido, practicing and teaching for nearly 40 years, and is also certified in calligraphy as a Shodo *Shihan*. He teaches Tap dance at Toho Gakuen College, as a Nanba instructor, applying the art of physical finesse to traditional Japanese arts and daily life. He has written several books on Japanese culture, and created an eLearning course in *Japanology* at Otemae University. This experience is brought directly to you through coaching in physical finesse.

- Experience exercises and applications of physical finesse through coaching and small group workshops. **Two-hour sessions** are held regularly in **traditional or modern Japanese environments**, with access to gardens and outdoor practice space. Books & worksheets help support your practice.
- Through interactive experiential learning with personal feedback, enjoy learning skills which are **practical in daily and professional life**. These exercises can be shared and enjoyed with family, friends, or work associates.
- The tone of the training will be **enjoyable, actionable, and repeatable** by giving you a process that works, which you can return to again and again as your skills improve, and can be applied to improve your performance in many sports and performing arts.

Greater enjoyment and energy at work The pressures of the economy and rapid social change have created an *inner energy crisis* which has resulted in lack of motivation, low performance, loss of originality and competitive advantage. This training helps you learn with your body, something missing from conventional education and training. Physical finesse has many benefits for personal health, enjoyment, and energy, but can also benefit companies as people learn how to:

- 1) Stand or work for long periods without fatigue
- 2) Gain more engagement and enjoyment in routine or repetitive work
- 3) Develop energy and confidence to take on new challenges
- 4) Improved posture and harmony creates a favorable impression on coworkers and customers
- 5) Greater vitality and less stress means higher motivation and getting more done in less time

<http://www.williamreed.jp/physical-finesse>