



# KaizenTao

## The Path to Continual Growth

*"Many paths leads to the mountain top. The adventure is ours, and ours alone to discover.  
We must set out to experience this for ourselves."*

KaizenTao is vastly more than a martial art or system of self-defense. It is master instructions in movement, body mechanics and self-awareness. It is also a way of life and conduct which contributes to one's community, society and others. There are many talents to discover in the world, and KaizenTao helps you realize your fullest potential in any of your passions or pursuits. You will embrace newfound cognizance powered in goodness, integrity, and pure heart.

Thong Nguyen has trained in martial arts since the time he could walk. Growing up in an acclaimed martial arts family in Vietnam, where his father and uncles were masters of numerous martial arts, he learned early in life there is no one invincible art. On any given day, any style could win. What mattered was not the art but the appropriateness to the response to any given situation. As you can imagine, this demands for one to learn to master efficiency and to let go of wasted notions which are not applicable to that situation.



Joined with a lifetime of professional dance, athleticism as a participant, coach and trainer, Thong founded ***KaizenTao: A Path to Continual Growth***, which strives to help students, teachers, even masters from around the world regardless of their disciplines, to learn and get reacquainted with their bodies in order to regain ownership over themselves. By incorporating a profound base of dance training, and martial arts experience through the use of intent, visualization and movement exercises, Thong has helped many accomplished martial artists, athletes, artists, corporate professionals, dancers, military and law enforcement officers, strengthen their minds, bodies, and spiritual connections, in a simple, effective, efficient and sustainable manner.

Through KaizenTao, you will better understand the value of grace, poise, balance, proper internal and external alignment to fuel effortless, efficient, and powerful movements in your daily activities. The mind, body, breath connectivity gained from Thong's instructions will help in ways that traditional training alone could not.

Thong has been described by his students as ***"invigorating, inspiring, brilliant, charismatic, and important."*** With more than 39 years of professional teaching experience, Thong will deliver an excellent, tailored curriculum under all conditions in a classroom environment. You will learn from an original thinker and creator of solutions. You will learn to rekindle, expand, your passions, critical thinking and critical response, through Thong's ability to enhance your skills in as little as a few moments.

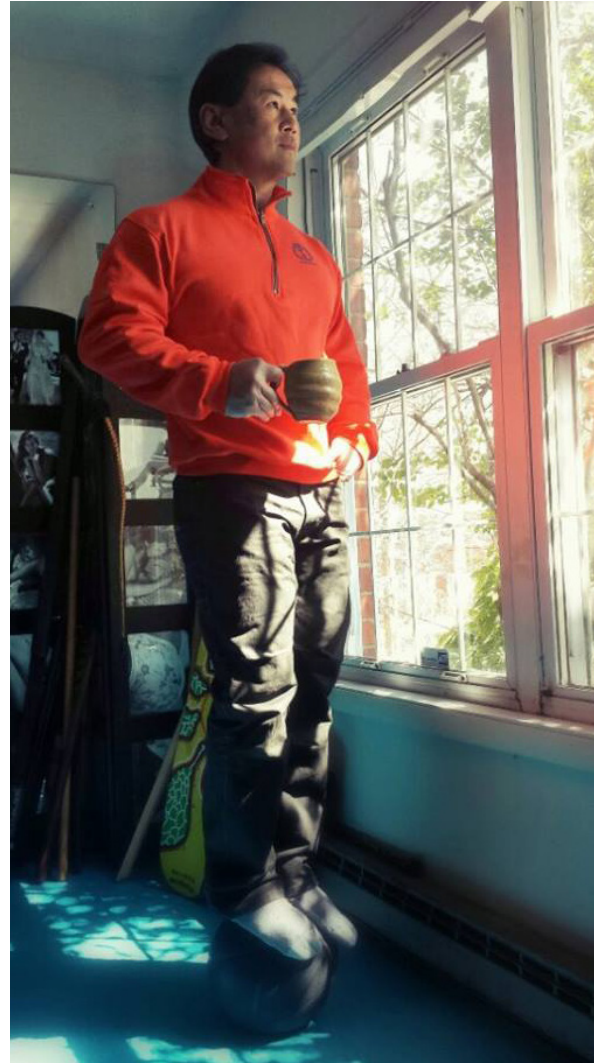
# KaizenTao Fundamentals

## Phase One: Personal Goals and Vision Casting

- Learn how to learn anything more efficiently, creatively, and rapidly.
- Experience an accelerated learning method used to train elite athletes, corporate executives, martial artists, dancers, and anyone seeking to shorten, and in many instances, eliminate the learning curve.
- Learn to stop chasing temporary gain for permanent pain, and switch it to temporary pain for permanent gain.
- Appreciate how whole body progress comes from whole character, integrity and ethics.

## Phase Two: Move Your Body with Movement Essentials

- Experience un-restricted movement, by using powerful imagery to melt restrictive and sabotaging habits, which binds and corrupts mobility.
- Through slight adjustments, change of mindset, and unique exercises, you will experience rapid transformations in your body.
- Learn how everything must work cohesively to create powerful, inspirational and authentic movement.
- Understand how to use kinetic waves to generate power, enhance and improve mobility, agility and balance.

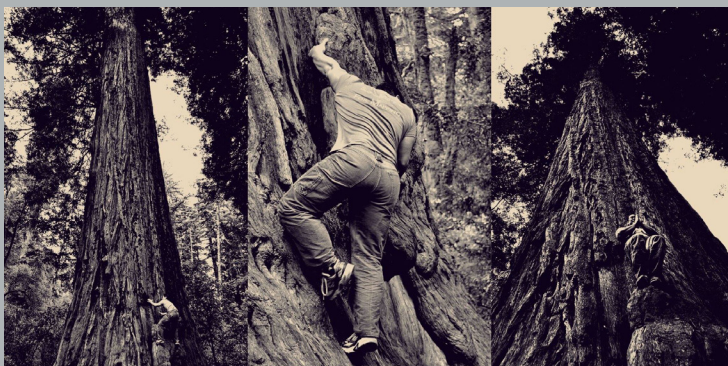


## Phase Three: Learn Your Body with Alignment Essentials

- Learn how to unify mind, body wholeness to access your body's untapped and hidden powers.
- Employ unique visualizations and alignment techniques merging internal and external energies to create whole body power.
- Discover the body's natural elasticity and buoyancy to use built-in dampeners for better balance and stability.
- Develop an intuitive body to enhance situational awareness and perception.







## Phase Four: Feel Your Body with Breath Connections

- Learn how to enliven and rejuvenate the body through breath control, to avoid premature fatigue and physical exhaustion.
- Store energy reserves for sustained power, endurance, and stamina.
- Develop a cohesive and integrated breath-body-mind connection, through using the power of intention, to stimulate and circulate positive endorphins.
- Manage panic and physiological stressors to maintain command and control of crisis situations.

## Phase Five: Customized Academics and Applications

- The highly touted, fun, yet practical applications phase beloved by dancers, athletes, corporate executives, business professionals, martial artists, self-defense practitioners, actionable professionals, first responders, alike.
- Apply all previous phases and test them under simulated scenarios in every day activities and unexpected urgencies.
- Upon completion, students feel more composed, reassured, and confident in knowing they will choose to respond, rather than blindly react to any given crisis.

**To register, please visit:  
KaizenTao.com**

