Jozef Frucek: Coordination & Rhythm (building earthquake architecture to solve energetic and physical crises)

Jozef Frucek studied under the guidance of Master Ming Wong C.Y. the internal principles of movement and their relation to health and ageing. Jozef got his Arts degree on Voice and Movement in 2002 under the supervision of Ludmila Machatsova, who is considered as one of the most influential communication trainers. Linda Kapetanea and Jozef Frucek are the founders of Fighting Monkey Practice. Discover how to use Fighting Monkey Practice based on a deep study of cross motion analysis and with aim to understand the principles of the human movement, communication and the ageing process.

TOP EMBODIMENT TIP: Everything can be a kind of embodiment.

We Cannot Not be Communicating: **Communication Is a Prerequisite For Survival and Evolution.**
- Regardless of circumstances, we cultivate skills and practices to use for the rest of life.
- You will learn how to walk, how to talk, and create an image of self in childhood. When you come to Fighting Monkey you continue to explore the quality talking, walking the way you perceive yourself.

Earthquake Architecture: **Allows Us to Explore Where We Might Get Into Trouble.**
- As a highly dynamic human organism within an environment, we are resourceful enough to overcome major social and physical crises. We construct games to investigate where our habits might become our limitations.
- Through physical and direct experience, we can challenge ourselves into better adaptability to the complex world.
- We have to be aware of our continuity of living a total life, so our practice is a part of our life.

Rhythm and Coordination: **A Beautiful Way To Study**
- With rhythm and coordination, something is happening between your perception, the way you evaluate what you see, and the actions you take, and the freedom between your thoughts and emotions for collaborative action.
- It is an opportunity to evaluate how we cooperate with others or how we engage in competition.
- Culture tells you how you should be moving. There's little opportunity to understand what you want and which kind of world you can create.
- Motion needs to be understanding neurological adaptation to the environment, and it is how I create my own world.

Resources:
- ❖ **YouTube: https://www.youtube.com/user/kapetanealin**
- ❖ **Courses:** https://fightingmonkey.net/workshops
- ❖ **Website:** https://fightingmonkey.net/
- ❖ **Social:** @fightingmonkey_rootlessroot
- ❖ **Facebook**: https://www.facebook.com/FightingMonkey.Rootlessroot

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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive
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