



**Chris Collins: How Martial Arts Helps You to Live Your Best**



Chris Collins is a former U.S. Marine based in Hong Kong, where he runs a martial arts school with affiliates worldwide. He is an actor and action director under SUN Entertainment. His current project is *Ruckus Factor* about his life in Hong Kong. In this session, Chris talks about spreading the love of martial arts as a tool to live your life.

**TOP EMBODIMENT TIP:** Keep living your life with passion every single day

**Power Story: Strive to Perform Optimally Every Single Day of Your Life**

- Steer away from 'cultural escape' when you are told what you should be doing in life.
- Gain as many experiences as you possibly can. That is going to lead to your personal growth.
- Perform optimally every single day of your life. Martial arts is one tool for living your life.
- People who have not clearly defined their purpose should take it in their own way to stay motivated in daily lives.
- Follow your own dreams - we all have something special to offer. Just do it. The worst thing you can do is get through life and not go for it.

**Elements of Healthy Life: Optimise Every Aspect of Your Life**

- Breathing makes a huge difference in how you feel and perform.
- Take special interest in the type of food you are eating.
- Understand the learning process.
- Optimise yourself in everything you do, by using your burst of motivation from martial arts.
- When you teach, you are able to inspire. Try to improve people's lives, one student at a time, in order to make a difference.

**Career in Film: Path to Inspire Millions**

- Chris hopes that as an actor, with millions of followers, he can inspire people toward the path of martial arts.
- His current movie *Ruckus Factor* describes the challenges he faced within the different martial arts schools and how he had to fight his way to become an insider in Hong Kong.

**Resources**

- ❖ **Website:** [ChrisCollinsAction](https://www.chriscollinsaction.com)
- ❖ **Social:** @sifuchriscollins, Facebook: [SifuChrisCollins](https://www.facebook.com/sifuChrisCollins), YouTube Channel: [Chris Collins](https://www.youtube.com/channel/UCqj8Kqj8Kqj8Kqj8Kqj8Kqj8K)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



 **Accept Rafe's Free Gift** → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

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