



Roma Pijlman: Be Badass in a Few Easy Steps



Karate Instructor, Coach of the Netherlands Olympic Karate Team, Life & Business Coach. From the Netherlands. She brings simplicity to how to be present in the world in a powerful way.

TOP EMBODIMENT TIP: Under pressure, in daily life, practice breathing, breath and relax into your body and feel how you feel.

Walking: The landing of the foot

- It is important to walk from the heel to the middle toes instead of to the big toe. The weight is held from the inside of the leg and must move towards full support in the toes.

Intention: Have the right intention

- In moving or walking, have your intentions in the right place. One idea is to let where you are going pull you towards it. For this you need to look up and out. In another idea, where are your intentions on how you meet the world? It is important to be able to embrace your dark side in order to be able to be kind and gentle. The darkness is not where your intentions lie. The darkness must be located so that you are not that darkness.

Three Triangles: The Head, Hips and Feet

- The first apex of the top triangle is the head and goes down to the shoulders. The second goes from the shoulders to the hip area and lastly the bottom one starts from the hip area to both feet. Each of these are movement spheres that are quite independent of each other and hold major movements that influence balance and our responsiveness. For women, the hips change after pregnancy and birth, so don't be discouraged, but learn more about your body's capacity to be aware and change.

Relaxed attitude: Relaxed is faster and more intelligent

- A relaxed light attitude with presence creates the conditions of confidence and responsiveness. In the example of a punch, having a relaxed arm and fist is crucial for speed. Being open, aware and trusting your own capacity to respond is a natural deterrent to attack, but also allows one to avoid freezing up.

Resources

- ❖ **Website:** <http://tech-sensei.eu>
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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.



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