



human

performance

consultants

GAIN CONFIDENCE | CULTIVATE RESILIENCE | UNLOCK POTENTIAL



"Anyone who is skilled at their work has good Kung Fu"

In general, Kung Fu or Gung Fu refers to the Chinese martial arts, It refers to any study, learning, or practice that requires patience, energy and time to complete, giving a level of achievement.

In its original meaning, Kung Fu can refer to any discipline or Skill achieved through hard work and practice, not necessarily martial.

To study Kung Fu is ultimately to study and learn about oneself, by using thousand year old practices, that have been passed down over generations to Master Taylor (the only recognised Instructor in the western world).

Start your journey of equanimity!

Being in a positive state has significant impact on our motivation, productivity and well-being.

We teach clients **Psychology of Kung Fu**, unique training methods that trigger and release neurotransmitters such as Dopamine and Serotonin.

Dopamine motivates us to take action towards goals, desires and needs it gives a surge of reinforcing pleasure when achieving them. Procrastination, self-doubt and lack of enthusiasm are linked to low levels of dopamine. Serotonin flows when you feel significant or important. Loneliness and depression appears when serotonin is absent.

We fuse together historic teachings with contemporary Western experiences and pragmatism.

By breaking down cerebral demands, expectations and workloads into manageable achievable goals your mind will relax, be alert, be prepared which can improve concentration and achieve Peak Performance.



INTERNAL ENERGY – CHI KUNG

Chi Kung is a self-control discipline of a very fundamental kind, it is practiced by one's self and promotes self-awareness of one's own potential. It not only helps to build up bodily reserves of strength and resistance, and to control and cure disorders, but also has the ability to promote vitality, rejuvenate the body and stimulate intelligence.

Chi Kung is now becoming a new kind of science of well-being. By readjusting our equilibrium, our natural body energy (Chi) and our normal defences are allowed to act without the help of synthetically prepared treatments.

The benefits of Chi Kung arise from the physical self-awareness and mental tranquility, which it produces. Chi Kung progressively replenishes bodily defences, and enhances circulatory and respiratory efficiency. This in turn alleviates many stress related conditions such as anxiety symptoms, respiratory symptoms, and any number of other dysfunctions, which mutually aggravate each other. The irritability and general debility associated with such dysfunctions and frequently coupled with a disposition to illness. Practice of Chi Kung quickly produces a new state from which it can become possible to assert a unified control over these disparate and warring symptoms.

To take up Chi Kung is really no hardship, the simple physical movements are easily learned. It just needs a small amount of space and time.

Chi Kung is a welcome tonic for all age groups, a way to alleviate the ills of time, to extend life and your enjoyment of it.





HOW CHI WORKS – ENERGY HYGIENE

When you are in good health, your Chi flows abundantly and smoothly. If your Chi becomes deficient or blocked in any way, illness can result.

The Channels or Meridians, which circulate Chi around our bodies, act in much the same way as blood and lymph vessels. They were chartered by early physicians in China thousands of years ago and have now been validated through the use of electrical equipment. By applying firm pressure to various points on the skin where the Meridians arise near the surface or doing exercises that promote Chi flow, it is possible to manipulate Chi imbalances.

Another way to understand Chi flow is the same way the London Underground flows. When a station is blocked on a certain tube line, everything backs up and causes problems. This is what happens when Chi (energy) flow is blocked, it causes problems with body and mind.



DAVID J TAYLOR

David is widely acknowledged and recognised around the world as one of the leading experts in Peak Performance using Internal Energies and the Psychology of Kung Fu.

Uniquely David has utilised his four decades of exclusive and intensive training to promote and help people gain personal and professional development.

His portfolio of clients include 'A' list celebrities and successful 'C' suite businessmen and women, nationally and internationally.

He is currently using his expertise and knowledge to motivate and give Mental Focus to students who experience anxiety and stress during their exams.

As one of the worlds leading authorities on personal safety, he offers individuals confidence, self-belief and personal excellence.



- **Founder of Wing Chun Dynamics**
- **Co Founder of Masters Black**
- **Gold Sash in Chen Jin Iron Shirt Training Method**
- **Master of Fifteen Treasures Golden Crown Chi Kung**
- **Master of Ci Jin Muscle and Tendon Strengthening Chi Kung**
- **Master of Ying Jin Moving Meditation and Focus Techniques**
- **Honorary Black Sash in Pao Chui Three Emperor Cannon Fist**
- **Honorary Black Sash in Tui Na Breathing**
- **Honorary Black Sash in Four-Mile Finger Focus Techniques**
- **Dedicated Member of the Hall of Fame for the World United Martial Arts**
- **Member of the World Board of Black belts**
- **British and European Kung Fu Forms Champion**
- **British Champion in Gor Sau Full Contact**
- **Principal for the Department of Personal Development**
- **Senior Consultant for the Institute of Workplace Development**
- **Human Performance and Mental Focus Consultant using Kung Fu Psychology**
- **Expert in Body Mechanics and Sensitivity using Tension through Relaxation**
- **Motivational Speaker**





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