

Integrity Through Movement

6-month Personalised Coaching Programme

**“the ability to navigate daily life with compassion, honesty,
grace and an always enduring sense of humour”**

(a definition of Integrity)

Integrity Through Movement (ITM) is a highly personalised and intimate Educative journey and is the result of more than a decade of dedicated reading, research and experience in various realms of physical practice, mindfulness, philosophy and the creative arts. ITM is not just a training plan, it's an evolving and communicative relationship, a deep inquiry into how and why we might better cultivate ourselves as human beings.

A natural extension of 4+ years of the Tao of Movement's research and teachings, and my own learning as an endurance athlete, teacher, mover and student of (truly) some of the greatest minds and bodies on the planet, ITM is by far the most highly attentive, focused and intimate project so far. Hence, only 3 students will be admitted into the programme at any one time...

Areas of Focus

Successful applicants, after a one-to-one 'introduction & connection' call, will be asked to choose 2 of the 5 areas of focus (explained in more detail over the next pages): The Martial Realm, Handstand & Mobility, Endurance, Dance and Literature & Philosophy. This will allow for transferability across both domains but also enough high-quality attention on those chosen topics.

Structure

We will commit to a 6-month period of study, divided into 3x 2-month blocks. Materials will be updated at the start of each 2-month block through the Notion platform, as well as week by week if/when students have completed certain tasks. Check-ins (via video call or in person) will be every 4 weeks, in order to effectively connect, share and gain real human feedback. Questions, comments and submissions will be possible at all times however, to be responded to usually within 24-48hrs.

Over time it's normal that each relationship takes its own personalised shape however... everyone works differently and so this 'shape' is an alive container to be adapted if and when needed. Life happens but our shared commitment and communication will allow us to organically grow together and 'change with the tides' if and when required.



Expectations & Commitments

Students will be required to submit a number of videos both at the start and end of each 2-month block. Video submissions can also be (optionally) sent at anytime, in order to gain more feedback or to 'complete' a certain task already. The Minimum Time investment for the course will be 2-3hrs per week, with the potential for 10-15hrs per week of resources if student wishes. It's recommended that you find your 'sweet spot' that can be healthily sustained however... after all, More doesn't always mean Better.

A number of complimentary readings, videos and/or podcasts will also be provided, depending on the areas of focus chosen and/or the individual student's personality and learning style.

Fees (& the Future)

Fees for the current ITM programme are 129 euros per month (649 euros if paid at the start in full), with an initial commitment of 6 months. After this period, we'll take 4 weeks off to absorb all of our learnings, reflect and reintegrate before meeting (online or in person) once more to discuss further blocks of study in either the same or different areas of focus.

Unable to complete the entire 6-month programme for any reason? No problem... you won't be financially (or physically) tied to the plan. Only the most reliable and committed students will be accepted onto the course however, so take your time before deciding to apply...

The Martial Realm

Inspired largely by various, ancient Eastern practices, and particularly the ‘warrior’ classes of past and present, the Martial Realm is our attempt to absorb everything of value that the Martial Arts has to offer, yet practiced in a way that is always accessible, requires minimal equipment and without the need for partners (or ‘enemies’) to practice with or against. This subject will work to strongly cultivate better conflict resolution, boundary setting, discipline, ethics, strength and harmony in everyday life.

Inspirations & Sources:

The Ido Portal Method, Chi Gong, Tai Chi, Mixed Martial Arts, Aikido, Noguchi Taiso // The Book Of Five Rings (Miyamoto Musashi), The Art Of War (Sun Tzu), Bushido (Inazo Nitobe), Zen Mind, Beginner’s Mind (Shunryu Suzuki)



Handstand & Mobility

Widely considered the most fundamental and important key practices within Ido Portal's 'Movement Culture', Handstand & Mobility practices foster a strong protective layer for both the upper and lower body, as well as adapting ourselves to inversions that, in time, can evolve into various other Acrobatic layers. The Handstand is much bigger than its separate parts and transfers powerfully into stillness and endurance work, as well as emotional layers of Fear, Anxiety and the Unknown. The key mobility drills will also serve every other area of our physical practice regarding injury prevention, general strength and dexterity, power, speed, athleticism and elasticity throughout the body.

Inspirations & Sources:

Traditional Gymnastics, The Work Of Marcello Palozzo, Kung Fu, The Ido Portal Method, Mixed Martial Arts // The Supple Leopard (Kelly Starrett), Move Your DNA (Katy Boman), Anatomy Trains (Thomas Myers), The Axis Syllabus (Frey Faust)



Endurance

(science & practice)

Beginning with walking / running as a safe base, we will explore the various practical, emotional and social implications of Endurance. Supportive Stillness, Agility, Interval & Coordination tasks will support our Research also, as we navigate the various considerations required to develop ourselves as Endurance humans. Later, specific other methods such as climbing, cycling or swimming can also be practiced, applying the same principles across all Endurance domains.

Inspirations & Sources:

The Work Of Steve Magness & Marcello Palozzo, Andy Goldsworthy, Kilian Jornet, East African Running Cultures & Methodologies, Traditional 'Walking Class' Communities, Fell Running & Scrambling (UK) // Endure (Alex Hutchinson), Why We Run (Bernd Heinrich), Peak Performance (Steve Magness & Brad Stulberg), The Science of Running (Steve Magness), Running With The Kenyans (Adharanand Finn)



Dance

We will learn, practice and integrate the various underlying patterns within all dance forms: circles, waves, turns, footwork, floorwork, locomotion, the vestibular system. Later, utilising music, imagination and words, we'll dig deeper into various key entry points - the spine, hands, feet and degrees of freedom throughout the joints in order to form more subtle, complex and unique expressions.

Inspirations & Sources:

The Work Of Marcello Palozzo, Imre Thorman & Shai Faran, Release Technique, Contact Improvisation, Gaga, Butoh, The Feldenkrais Method // Awareness Through Movement (Moshe Feldenkrais), The Axis Syllabus (Frey Faust), Dexterity & It's Development (Nicolai Bernstein), Butoh: Cradling Empty Space (Vangelina)



Literature & Philosophy

We will enjoy some of the great Classic writers in the fields of Philosophy, Literature & Poetry and draw connections between their images/meanings and our physical practice. We'll see how metaphor and fiction can stimulate and improve our mind-body, how (and why) stoic principles have stood the test of time, and what philosophy and science has to say (best) about Education, Integrity and the Body.

Inspirations & Sources:

The Work Of Alan Watts & Judda Krishnamurthi, The Work Of Marcello Palozzo, Mindfulness, Taoist & Sufi Teachings, Buddhist Philosophy // Sun & Steel (Yukio Mishima), The Book Of Disquiet (Fernando Pessoa), Crow With No Mouth (Ikkyu), The Tao Te Ching (Lao Tzu), Meditations (Marcus Aurelius), Anti-Fragile: Things That Gain From Disorder (Nassim Nicholas Taleb)



Curious, Inspired or Eager To Apply?

Let's have a human conversation:

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