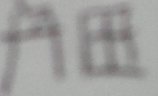


1. don't/only/fight - convert energy into kinetic form
2. body - dynamic alignment ^{kinesthetic} metaphor
3. ZEN: feet are firewood, stomach is the oven
4. focus/attention - gate way to perception
5. Simone: leopard/fatigue : you think too much!
6. feet: bubble wells, hands: Tiger/Dragon ^{energy - flow}
7. hara: Dan Tien:  - sea of energy ^{energy - flow}
8. bio-mechanical coherence - ^{inner} ~~action~~ ^{attention} ~~direction~~
9. resonance - field - body rhythms ^{subtle energy}
10. with: PAIN, fight: FEAR/ANGER ^{subtle energy}
11. mindful / no mind / shut up, just ^{subtle energy}
12. space/time: POSE ↔ SITUATIONAL AWARENESS (LEVEL)

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