



JUNGSHIN<sup>®</sup>

Sword Focused Group Fitness

21st  
Century  
Warriors





JUNGSHIN FITNESS® is an innovative and exciting fitness system, rapidly gaining recognition and followers globally.

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# Welcome to JUNGSHIN FITNESS®

JUNGSHIN FITNESS® integrates the East and West, combining authentic and dynamic modalities of movement using a wood practice sword as a lever for balance and power. This legendary tool will help you increase mental focus and the ability to be radically present—even as you are kicking, jumping, stretching and targeting your core. It is a system that works the body from the inside out and is truly the no-cheat workout.

JUNGSHIN FITNESS® classes combine the benefits of ancient martial arts and modern conditioning. Instructors are expected and required to understand the physiological depth of this fitness system while being able to communicate the benefits to the group class and individual student.

JUNGSHIN ATHLETIC FLOW is a high-intensity, full body workout eliciting power in flexibility and introducing the practitioner to a challenging physical class. Athletic Flow provides you, the instructor, with a basic foundation of Jungshin Fitness and a sequence of movements that flow from one to another requiring internal and external power and control.

## Jungshin's Benefits

- Reduces the strains of carpal tunnel syndrome by practicing the finger tip push-ups.
- Strengthens the tendons and joints through the gripping techniques of the sword.
- Gives one a sense of confidence and focus.
- Relieves stress from the adrenal glands and rebuilds cortisol levels by utilizing lower abdominal breathing.
- Increases mental focus through repetitive cuts.
- Moves body and mind into the present moment.
- Promotes weight loss.
- Improves strength in the upper and lower back.
- Targets upper and lower body, tones mid-section.
- Strengthens the lungs, increasing one's capacity for calm and controlled breathing.



## Jungshin's Method

- JUNGSHIN requires disciplined training with an emphasis on breath control, functional strength, balance, fluid control, spatial awareness, and an acute sense of moving in relationship to gravity.
- JUNGSHIN movements typically include slicing through the air with custom-weighted wooden swords, fingertip pushups, jumping, balance, low strength stances, kicking from the core, and rolling on the ground.
- JUNGSHIN training focuses on internal power (Ki and Chi or 'life force',) longevity, strong tendons and joints, the spine and how it works in motion, self-improvement and self-responsibility.
- JUNGSHIN practitioners value the element of play in fitness, respect towards self and others, quiet mind, and an open heart approach to life while staying in one's true power.

## Jungshin's Sword

Throughout human history, the meaning of the sword always represented a force to fight. Over centuries the significance of the sword as a means to engage one's concentration and focus, eliciting an acute sense of power and effectiveness in combat, has remained consistent.

The custom-weighted wooden sword that is used in JUNGSHIN FITNESS® engages the athletic body and is used to cut physical restrictions away in order to achieve personal goals. The sword aligns the mind and body quickly, providing a cutting-edge element to fitness training by taking the mind off the physical demands upon the body and giving the mind an element (the sword) to focus on. Through the repetitive motions of raising the sword over one's head, Jungshin cuts engage the biceps and upper back muscles and align the sword with the spine on the inhale. On the exhale, each cut focuses on the core power, triceps, and lower abs, expanding the chest and increasing lower abdominal breathing.



# Annika Kahn

Annika Kahn is the founder and creator of Jungshin Fitness, a sword focused workout that integrates her passion for the mind/body connection with an exciting training program. She is an international presenter with extensive background in athletic conditioning and sports performance. She is 3rd degree black belt and 4-time world grand champion in the Korean art of Kuk Sool Won.

The Jungshin Fitness program emerged from Annika's own journey to health. Annika injured her spine during the birth of her beautiful son. While recovering, her master teacher honored her son with the middle name Jungshin, meaning 'awakened mind.' With her own body and mind in desperate need of healing, Annika picked up a sword, as a tool to strengthen the muscles surrounding her spine. She developed a program of simple strikes and stances using physical coordination and mental concentration. The sword became an extension of her body and its rhythmic use helped to focus her mind. Jungshin Fitness emerged as the 21st century warrior workout she feels chosen to teach. Her system is true, cutting-edge tough, and transformational.

Prior to the creation of Jungshin Fitness, Annika taught the basics of DNA sequencing and fragment analysis in the biotech industry. She holds secondary teaching credentials in both mathematics and science, and an MA in the psychology of movement. Annika is currently writing a book about Jungshin—the Health Benefits of Internal Power. In her article, the Science of Stances and Strikes, Annika explains how martial arts modalities, based on ancient wisdom, benefit our internal organs.

Annika lives in San Francisco where she develops and implements Jungshin instructor training programs worldwide and leads corporate team-building events. Annika blends humor with Ninja strength. Her clients comment that her programs are both playful and challenging.



# Annika Kahn - continued

Continuing Education 2013-onwards:



Presenter World IDEA



IoM with Michol Dalcourt



The Fitness Panel with Richard Boyd



Daymond John Academy



IHRSA

Corporate support and trainings:



Louis Vuitton



The Hatch Agency



Salesforce



Google



Midtown Corporation

## MARTIAL ARTS 18 SUPERSHOW



## CENTURY World Leader in Martial Arts



## MARTIAL ARTS 18 SUPERSHOW EUROPE





"As I picked up the sword and started to move with the mindful meditative cutting we had been taught, my heart and my soul fell in love with Jungshin and I realized in that moment of "raising-the-sword", that I needed to bring this wonderful program to our members at Synergy medical fitness center in Napa, California."

Maya Horvathova  
Master Trainer



"Annika's Jungshin has helped me feel fantastic on the inside. I have more core and body confidence."

Chef Elizabeth Falkner



"Annika's educational and professional accomplishments have given her a depth of knowledge that is needed to help stimulate the Fitness Industry to a higher level of performance and accountability."

Bob Esquerre  
Business Solutions Consultants  
and Co-Owners of the Esquerre Fitness Group



"Annika Kahn is a lovely human being and the quintessential warrior-healer, ever expanding her ability to transform and inspire, while possessing the rare natural gift of the true teacher, serving selflessly to empower community with grace and compassion; and she is a good fighter."

Duncan Wong  
Yogic Arts synthesis system creator



"I met Annika Kahn in 2011 at my Florida Mania. What struck me was her dedication and commitment to bringing a health and wellness fitness system that is both radically different and remarkably fun to the fitness conventions. Annika is a remarkable presenter and educator in fitness at work."

Sara Kooperman  
Ceo, SCW Fitness Education



"Jungshin Fitness - great! Anytime we see free flowing movement without fake, made up rules we love it. Way to go!!!"

Lenny Parracino, YCMT, FAFS  
Fellow of Applied Functional Science Gray Institute Faculty



"Loved the training. A mix between martial arts, postural awareness, strength, balance and efficiency of movement. Adaptable to all fitness levels and a real confidence builder once you master the techniques. And fun."

Mitch Batkin  
SVP fitness at Sport and Health Company, Washington D.C.



"Jungshin combines the perfect balance of fully integrated movement sequences with the delicate sophistication of load with the sword. This programming system is perfect for Group Exercise and Personal Training and Small Group Training since it is simple to replicate, completely scalable to all ages and experience levels and very entertaining. "

John Sinclair, BPE, CSCS, CPT, MES, CAFS, XPS  
Co Founder, The Hive- Performance, Wellness and Education



"Annika Kahn's innovation is spreading globally, both because it is different to anything else out there, but also to the point of being entirely unique, providing the experience of both movement-fitness, but also the engagement of a fun and idiosyncratic martial art. "

Roy Sugarman PhD  
MA Clin Psych PhD C.Psychol MAPS AFBPs5 | Level 7 Psychology



"Annika is a dynamic and disciplined martial artist. Since 1994 she has been designing and choreographing important women's self-defense routines for our tournament demonstrations. She is a world champion competitor and, in my opinion, is the best female practitioner of our art in the world."

Master Sung Jin Su  
Kuk Sool Won Master

# Media Exposure

Jungshin Fitness has been featured on several TV news programs coast to coast, including [ABC](#), [FOX](#), and [NBC](#). Jungshin has also been featured at the [Fit Expo in Los Angeles](#), Mr. Olympia in Las Vegas, [The Martial Arts Super Show](#), IDEA health and fitness, SCW Fitness, and at the Midtown Athletic and [Sport and Health](#) clubs.

Some of the mainstream articles on Jungshin's sword fitness classes may be found in [SHAPE](#), [Whole Living](#), and [Reebok](#). For a full list of Jungshin related media, please visit, [Jungshin's press page](#). Jungshin has recently launched in Canada and Europe.



Newsday / Sports Fitness, 2018  
LI classes focus on fitness with swords



MA Success, January 2018  
The uniqueness of Jungshin Fitness



KTBS-3 ABC, 2017  
Jungshin Fitness: Sword Focus Fitness



## Media Exposure - continued



9NEWS, March 2016

Workout Wednesday: Sword fitness workout



FOX HEALTH, July 2016

Martial-arts inspired class offers full body-mind workout  
by Lindsay Carlton, FOX News



WPLG Local 10, February 2014

Jungshin Fitness class at Midtown Athletic Club in Weston, FL  
by Kristi Kruger



NBC 4 NEWS - Washington, April 2012

Wooden sword leads to toned arms, shoulders and abs.  
by Lauren Dunn



The Washington Post FIT, August 2012

The Point of the Sword  
by Vicky Hallett



KPIX CBC 5, SAN FRANCISCO, May 2011

Jungshin Fitness class at Midtown Athletic Club in Weston, FL  
by Milan Boland



## JUNGSHIN FITNESS® is growing rapidly

- Last year **350** new instructors were certified.
- JUNGSHIN training were launched in **6** studios across the East Coast, Canada, and in Europe.
- Last month over **50,000** people practiced JUNGSHIN.
- JUNGSHIN classes are offered in **50** sport clubs and martial art studios around the USA, Europe, and Canada.
- Last week we gave over **800** workouts.
- In 2018 over **1,000,000** people heard about JUNGSHIN on national TV, national magazines and on the Web.
- JUNGSHIN has showcased in **25** national fitness conferences, including: IDEA World Fitness, IHRSA, Mr.Olympia, The Martial Arts Super Show, The Martial Arts Super Show Europe, and The Get Together Conference in Belgium.



To learn more about Jungshin Fitness® please visit:

[www.jungshinfitness.com](http://www.jungshinfitness.com)

Find us on:



Contact Annika Kahn:

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