



GUS BOTTAZZI

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Keynote Proposal

Creating Structure During Chaos: A Martial Artist's Playbook

Abstract

Despite everyone's best efforts, chaos inevitably creeps into each of our lives. Whether that chaos takes the form of unwelcome distractions and life pressures or unexpected violence in the workplace or street, we have the power to find a path towards peace of mind and resolution.

This instructional talk draws from a 35-year career in martial arts and self-defense. During my time as both student and instructor I have learned how potentially violent problems are deconstructed and can be placed in a clear and simple framework that is accessible to all of us.

"Gus brings core principles taught in martial arts and shows where and how to apply the same strategies and tactics to overcome everyday obstacles at work and home."

Ken Bisnoff, SVP Strategic Opportunities, TPx Communications

Learning Objectives

1. Learn the four steps used when confronting a potentially violent encounter
2. Upgrade your defensive skill set to include such abilities as verbal judo, physical chess and strategic striking
3. Build your confidence by creating comfortable boundaries and having strategies for de-escalation when confronted by an aggressor
4. Discover the main reason Masters in the martial arts are successful in maintaining composure during times of stress and duress

References

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